

## Melon sorbet

**Serves:** 6

**Cooking utensil:** saucepan

**Special equipment:** 1 L plastic container

**Preparation time:** 20 minutes, plus 2 hours freezing and overnight freezing

### INGREDIENTS

2 cups (500 mL) water

½ cup (125 g) sugar

750 g melon (e.g. rockmelon, honeydew melon, watermelon)

2 tablespoons (30 g) chopped glacé ginger

### Method

- 1 Stir water and sugar over low heat until sugar dissolves.
- 2 Boil for 1 minute. Cool.
- 3 Sieve melon flesh (or use food processor).
- 4 Add cooled syrup and ginger.
- 5 Pour into plastic container, cover and freeze for 2 hours.
- 6 Beat mixture until just smooth. Refreeze overnight.

## Melon trio

**Serves:** 6

**Special equipment:** melon ball cutter

**Preparation time:** 30 minutes, plus 30 minutes refrigeration

### INGREDIENTS

500 g watermelon

1 small rockmelon

1 small honeydew melon

1 tablespoon (20 mL) lemon juice

### Method

- 1 Cut melons into small balls with ball cutter.
- 2 Sprinkle with lemon juice. Refrigerate for 30 minutes.

### MELON PLATTER

Follow recipe for **Melon trio**. Cut prepared fruit into slices and arrange on a serving dish. Refrigerate for 30 minutes.

## Pavlova

**Serves:** 6

**Cooking utensil:** oven tray or 20 cm springform cake pan (1.75 L)

**Preparation time:** 30 minutes

**Cooking time:** 1¼–1½ hours

**Oven temperature:** 110°C

### INGREDIENTS

4 egg whites

1 cup (250 g) caster sugar

1 tablespoon (10 g) cornflour

1 teaspoon (5 mL) vanilla essence

2 teaspoons (10 mL) white vinegar

### TOPPING

1 cup (250 mL) whipped cream

1 punnet (125 g) raspberries

1 punnet (125 g) blueberries

1 punnet (125 g) blackberries

### Method

- 1 Set oven at 110°C. Line oven tray or springform pan with baking paper.
- 2 Beat egg whites until stiff peaks form. Add sugar gradually and continue to beat until mixture is thick and glossy.
- 3 Fold in cornflour and add vanilla essence and vinegar.
- 4 Pile on oven tray or place in springform pan.
- 5 Bake for 1¼–1½ hours until firm, without allowing pavlova to colour.
- 6 Cool on oven tray or base of spring-form pan.
- 7 *Prepare topping:* Place on serving plate and spread with the whipped cream.
- 8 Cover cream with fruit.



Pavlova