

COWELL'S *Genuine*[®] PAVLOVA

s w e e t & s a v o r y



RECIPES

SWEET & SAVORY

PINEAPPLE CARPACCIO

- 1 Whole Golden Pineapple
- 2 Mini Pavlovas, item# 90408
- 4 oz European Butter
- ½ cup Dark Rum
- 4 oz Granulated Sugar
- Cracked crushed peppercorns

Peel golden pineapple and cut into horizontal slices. Dip in granulated sugar, then into the cracked crushed peppercorns. Sauté pineapple slice in 2 oz European butter and remove from pan. In same sauté pan add other 2 oz of butter, 2 oz granulated sugar and ½ cup of dark rum and flambé. Reduce to a rich consistency and set aside. Place pineapples on a plate, chef's choice, top with mini pavlovas. Pour sauce over pineapples and pavlovas, garnish with prickly pears and chef's choice flavored purré.

PAVLOVA EGGS BENEDICT

- 2 Eggs
- 2 Large Pavlovas, item# 90407
- 8 oz Fresh Spinach
- .18 oz Fresh Garlic
- .35 oz Chopped Onion
- ½ oz 2 Slices of Canadian Bacon
- HACO Hacomat Seasoning, item# 513
- Extra Virgin Olive Oil, (EVOO)
- 2 oz HACO Hollandaise Sauce, item# 625
- Muijbol Caviar, item# 99080 (optional)

Make Hollandaise according to package instructions and set aside. Sauté garlic and onion in EVOO, add spinach and season to taste with Hacomat seasoning, cook until spinach is wilted. Grill Canadian bacon on each side until desired consistency and set aside. Pouch your eggs to your desired doneness. Place cut in half pavlovas on a plate side by side. Place a slice of Canadian bacon on top of each pavlova and top with the spinach, then a pouched egg on top, pour 1 oz each side of hollandaise sauce over the eggs until they are completely covered. Garnish with muijbol caviar.



**LA FOOD EXAMINER 22 January 2010
By Dee Long**

“The National dessert of New Zealand, pavlova, a heavenly meringue creation that almost floats up and off the plate, is a must-have dessert...”

Cowell’s Genuine Pavlovas are like a soft, sweet meringue, with a crisp outside and a soft marshmallow centre, which just melts in your mouth.

Cowell’s Pavlovas are easy to serve and cut, and they are delicious when served with a tart fruit such as strawberries, raspberries, kiwifruit, blueberries, passionfruit and cream.

Ingredients

Cowell’s Pavlovas are made from sugar, egg white, natural vanilla, white vinegar and acidity regulator (339). You can store them in the freezer for 18 months from date of manufacture.

<i>Nutrition facts</i>	<i>Average per 0.5oz serving</i>
Fat free	Energy 185kJ (44 cal)
Trans fat free	Protein 0.77g
Gluten free	Fat total 0g, saturated fat 0g, trans fat 0g
Kosher	Carbohydrate 10.4g, from sugars 10.4g
Low in sodium	Sodium 17mg

4 Key points about Cowell’s Genuine Pavlovas:

1. *Gluten free, fat free*
2. *44 calories per pavlova; 22 calories per minipavlova*
3. *Easy to store, best in freezer, will keep in a cool dry store for up to three weeks*
4. *Versatile - Can be used with any tart fruit and any of your savory applications as well*



Sizes

Swiss Chalet code 90408 Pavlova MP48 Size:

Approximately 1.2 inches high and 2 inches in diameter, and each weighs about 0.25oz. They are packed in two individual plastic trays of 24 pavlovas, sealed in a plastic bag and packed 48 per inner carton, and four inners per outer case (192 pavlovas per case). These are an ideal size for finger food.

Swiss Chalet code 90407 Pavlova MP24 Size:

Approximately 1.5 inches high and 2.75 inches in diameter, and each weighs about 0.5oz. They are packed in two individual plastic trays of 12 pavlovas, sealed in a plastic bag and packed 24 per inner carton, and four inners per outer case (96 pavlovas per case). This is the ideal size to decorate as a dessert option.

To Order

Swiss Chalet Fine Foods, National Specialty Food Distributor
Phone 1 – 800 – -347 – 9477, Email order@scff.com

