



VEGAN BLACK FOREST PAVLOVA CAKE

INGREDIENTS

Vegan Meringue Ingredients:

$\frac{3}{4}$ cup (177 ml) aquafaba - chickpea water from a can of chickpeas (BPA-free) *Cold
1 cup (110 g) - org powdered confectioners sugar (gluten-free)
1 tbsp (15 g) - org tapioca starch
1 tsp (4.2 g) - cream of tartar (Non-GMO)
 $\frac{1}{4}$ tsp (1.25 g) - himalayan or celtic salt

PREP TIME: 45 MIN.
BAKING TIME: 2-3 HOURS
TOTAL TIME: 3 H 45 MIN
SERVES: 4-6

VEGAN
GLUTEN-FREE
SOY-FREE
NUT-FREE

DIRECTIONS (1)

Tip#1: Overnight refrigeration of aquafaba (chickpea water) and coconut cream is recommended.

Vegan Meringue Prep:

Pre-heat Oven to 300°F (150°C).

Add the cold aquafaba to your stand up mixer bowl using the whisk attachment, and start the whipping process following the steps precisely.

Step 1

Whip the cold aquafaba for up to 5 minutes - on medium speed.

Step 2

Add the tapioca starch and salt - continue to whip for 5 more minutes on high speed.

Step 3

After 10 minutes into the whipping process, the aquafaba will start to thicken up quite a bit. Turn down the speed to slow, and start adding the icing sugar gradually. Turn up the speed after each addition of the sugar - 3-4 add on steps. Do not pause when adding on the sugar. After all the sugar is added, continue to whip on high speed for 10 more minutes.

Step 4

Firm peaks should start forming after 20 minutes into the whipping process. The aquafaba composition should start looking glossy white, as the beaten egg whites would look. Turn down the speed to slow, and add the cream of tartar - continue to mix on high speed for 5 more minutes.

Step 5

After 25 minutes, the meringue composition is ready, and the peaks should look firm. The final test is flipping your bowl upside down, and the meringue should stay in place.

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DIRECTIONS (2)

Step 6

If you would like to bake four pavlova cakes and make up a taller cake stack, use two baking trays.

Add parchment paper to a baking tray, and prepare to spread your meringue composition into two equal round shapes. You may use a round shape medium plate to draw the pattern on the parchment paper, or freely eyeing the round shape.

Leave a couple of inches in between the two meringue shapes.

Step 7

Decrease the oven temperature from 300° F (150°C) to 212° F (100°C), and bake the meringues cake shapes for 2 hours. DO NOT open the oven door during the baking process.

At the end of the baking process, the meringue cakes should be firm to the touch, not soft.

Personal tip:

After the 2 hours of baking, turn off the oven and leave the meringue cakes inside for an extra hour. (optional)

Step 8

Leave meringue cakes to cool down before the cake assembly.

Cherry Filling Ingredients :

1 cup (225 g) - cherries,
pitted
1 tbsp (15 ml) - org maple syrup
1 tsp (4 g) - lemon juice

Cherry Filling Prep:

Step 1

Add the pitted cherries, maple syrup and lemon juice to a small pan - cook on top of the stove at low temperature 95° F (35°C), for 10 minutes max, pressing the cherries lightly. The cherries should soften up a bit but not entirely.

Set aside to cool.



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Chocolate Cream Filling Ingredients:

1 cup (296 g) – org coconut cream (or the cream from a can of coconut milk) *Cold
1 tbsp (15 ml) – org maple syrup
1 tbsp (15 g) - raw cocoa powder
½ tbsp (7.5 ml) – org rum flavor extract
¼ tsp (1.25 g)– himalayan
or celtic salt

Meringue Cake Assembly:

Extra ingredient needed:
Cherries for topping (pitted optional)
Dark chocolate (vegan)

Step 1

Prepare your serving plate/ cake stand. Place one of the meringue pavlova cakes on the cake stand, sprinkle with some syrup from the cherry filling, spread two full spoons of the chocolate cream, and add some of the cherry filling randomly.

Step 2

Add the second meringue pavlova cake, and repeat the process from Step 1. If you're opting for a third or fourth pavlova cake layer, repeat the process again.

Step 3

Once the pavlova layers are assembled, add more chocolate cream on top, fresh cherries and shredded or small bites of chocolate. Icing sugar is optional (used for presentation purposes).

Note: Pavlova cake layers will soften up, and it's recommended to be served and consumed right after assembly.

Enjoy fresh!

DIRECTIONS (3)

Chocolate Cream Filling Prep:

Notes:

Prepare a double batch of the chocolate cream filling if you're opting to make a larger stack of the pavlovas (3 or 4 versus 2 as seen in the pictures).

Step 1

Add ALL the chocolate cream ingredients to your stand up mixer bowl using the whisk attachment, and start whipping the cream on slow speed for a couple of minutes. After all ingredients are well incorporated, turn the speed to high and whip for 5-8 minutes, until the coconut consistency looks airy and fluffy.

Refrigerate the chocolate cream until the meringue cake is ready to assemble.

Note: You can also use a hand mixer to beat up the coconut cream.