

Trotski and Ash

visit: trotski-ash.com



Name Sarah Trotter and Romy Ash

Location Melbourne, Australia

Blogging since 2009

Food inspiration Fresh seasonal produce; or whatever is at the bottom of the fridge

Blog philosophy Let's bake something!

ABOVE: Sarah Trotter (left) and Romy Ash.

About

Trotski and Ash is a collaboration between Sarah Trotter and myself, Romy Ash. We have been cooking together, talking about food and peering over backyard fences for fruit-laden trees for over five years.

Sarah is a designer and stylist. After studying architecture she dabbled in food styling, fashion styling, design and collecting vintage clothes.

I am a writer and am constantly planning the next meal. The stories for our blog are based on the memories that meals hold in terms of their smells, tastes and textures. Every recipe has a story, a journey from kitchen to kitchen, passed from friend to friend.

Lauren Bamford is the photographer for the site and provides an eye for detail, as well as great taste-testing prowess.

Mini Pavlovas

ADAPTED FROM NIGELLA LAWSON

One day when I was at my Dad's in Queensland, the old man who lives next door brought us half a pavlova and a cup of whipped cream. His wife has dementia and he cares for her in a way that I hope someone will care for me when I'm old. She sits in the backyard with the mango and citrus trees, and the neatly mown lawn and stares into her hands. He cooks and bakes, and as the sun goes down, leads her into the house by the hand.

I love that he made a whole pavlova even though they couldn't possibly eat it all. I love that he brought half to my Dad and me, undressed so that it wouldn't go soggy if we saved it for later.

There are so many myths about making pavlova and the only purpose they serve, we think, is to terrify people into not attempting what is really very easy – especially if you make it the way Sarah does, and if you have a pretty 1950s Kenwood Mixmaster like we do; we call him Kenny.

These pavlovas are small, but they still have that contrast in textures, the crunchy exterior and the chewy interior. Dressed with cream and whatever fruit is in season – passionfruit or kiwi to be Aussie kitsch – this recipe can be made with spontaneity.

So, even if it's not summer, pavlovas remind me of barbecues and humid Queensland afternoons and an elderly couple holding hands as the sun sets.

Ingredients

Makes about 12

1 lemon wedge	1 teaspoon vanilla extract
8 large free-range egg whites	2 teaspoons white wine vinegar
Pinch of salt	2 cups thick pure cream
500 grams caster sugar	Fruit of your choice, to serve
4 teaspoons cornflour	



Method

- ❖ Preheat your oven to 180°C.
- ❖ Choose a heavy bowl, preferably ceramic or metal, and run the lemon lightly around the bowl. You don't want juice in the bowl, just a hint of lemon, like on the edge of a Margarita glass.
- ❖ Whisk the egg whites with the salt in a stand mixer until firm and forming peaks.
- ❖ Gently add the sugar, a spoonful at a time, sprinkling over the egg mixture and whisking after each one. Whisk until you have a bowlful of shiny, white, very stiff meringue mixture.
- ❖ Carefully sprinkle the cornflour, vanilla and vinegar over the meringue and fold a few times to work through.
- ❖ Use a pint glass or a large water glass to draw circles on to your baking paper, and spoon the mixture onto the circles. Flatten their tops slightly with a spoon and place in the oven. Turn the oven down to 150°C.
- ❖ Bake for 30 minutes.
- ❖ Turn the heat off and leave to cool in the oven for another 30 minutes (or as long as you can wait), then transfer them to a wire rack to cool completely.
- ❖ When cool, carefully remove from the baking paper, dress with cream and fruit and enjoy!