

Name:

Date:



# New Zealand's Project: A Christmas recipe



New Zealand is in the Southern hemisphere.

When it's winter in Europe, in New Zealand it's summer. This is why people in New Zealand celebrate Christmas in summertime: they go camping, they go to the beach, have barbecues or picnics and swim.

A very traditional present for Christmas is a pair of

sandals or flip flops because it's summertime.

New Zealand's most famous Christmas tree is the Pohutukawa tree because its flowers are red in Christmas time.



Pohutukawat tree

The traditional Christmas lunch is usually roasted vegetables and chicken and Christmas pudding. But, a lot of people prefer to have barbecues and they grill meat, seafood and fish. The most traditional and famous Christmas cake in New Zealand is the Pavlova cake.



New Zeland's Xmas

Want to cook it?




This is the traditional Pavlova cake. It's a meringue with cream and fruit on top.

Watch [this video](#) to learn how to prepare it. You can also follow our instructions.

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In English speaking countries people do not use grams as a unit of measurement. Instead, they use cups, tablespoons and teaspoons. Use the table below to convert the measures used in New Zealand to grams.

 CUPS TO GRAMS	1 CUP	3/4 CUP	2/3 CUP	1/2 CUP	1/3 CUP	1/4 CUP	2 TBSP	1 TBSP	1 TSP
Flour & Icing Sugar	150 G	112 G	100 G	75 G	50 G	37 G	19 G	9 G	3 G
Corn Flour & Starch	114 G	108 G	99 G	72 G	45 G	36 G	18 G	9 G	-
Granulated & Brown Sugar	224 G	168 G	154 G	112 G	70 G	56 G	28 G	14 G	4 G
Rice, Risotto & Barley	208 G	156 G	143 G	104 G	65 G	52 G	26 G	13 G	-
Grains & Small or Chopped Nuts (Hazelnuts, Almonds, etc.)	160 G	120 G	110 G	80 G	50 G	40 G	20 G	10 G	4 G
Large Whole Nuts (Walnuts, Pecans, etc.)	112 G	84 G	77 G	56 G	35 G	28 G	14 G	7 G	-
Seeds & Nut Powder (Sesame, Poppy, etc.)	128 G	96 G	88 G	64 G	40 G	32 G	16 G	8 G	-
Oils	224 G	168 G	154 G	112 G	70 G	56 G	28 G	14 G	4 G
Syrup	352 G	264 G	242 G	176 G	110 G	88 G	44 G	22 G	7 G
Water, Milk, Spirits, Wine & Other Liquids	240 G/ ML	180 G/ ML	160 G/ ML	120 G/ ML	80 G/ ML	60 G/ ML	30 G/ ML	15 G/ ML	5 G/ ML
Heavy Cream, Yogurt, Crème Fraîche & Marscarpone	240 G/ ML	180 G/ ML	160 G/ ML	120 G/ ML	80 G/ ML	60 G/ ML	30 G/ ML	15 G/ ML	5 G/ ML

 TEASPOONS TO GRAMS	2 TSP	1 TSP	1/2 TSP	1/4 TSP	PINCH
Salt	12 G	6 G	3 G	2 G	0.5 G
Baking Soda	8 G	4 G	2 G	1 G	-

1 GRAM = 1 MILLILETER

## INGREDIENTS

- 4 egg whites
- 1 ½ cups of caster sugar
- 1 tbsp corn flour
- 1 tsp vinegar
- ½ tsp vanilla extract
- 1 tbsp hot water
- Cream
- Fruit (kiwis and different kinds of berries)

## UTENSILS

- Bowl
- Baking paper
- Baking tray
- Mixer
- Oven
- Spatula
- Ingredients measurer

## STEPS

1. Preheat the oven to 140°C.
2. Using a pencil, mark out the circumference of a dinner plate on a baking paper.
3. Put the egg whites, caster sugar, vinegar, corn flour, vanilla and hot water into a mixing bowl.
4. Whisk with a mixer for about 15 minutes until peaks form.
5. Spread the meringue inside the circle, creating a crater by making the sides a little higher than the middle.
6. Bake for about 90 minutes.
7. Put cream in the middle of the crater and decorate with fruit on top!