

THE SOUFFLÉ A much-loved French favourite, made by legendary chefs from François Massialot to Antoine Beauvilliers, then perfected and sweetened by Antonin Carême in the 1820s.

THE PAVLOVA It was in the 1920s that Anna Pavlova, the renowned prima ballerina, literally had the world at her feet: 'She doesn't dance, she flies through the air like a bird.' Inspiring many artists, even in the kitchens of great pastry chefs, the story of the Pavlova is said to have begun in 1926. According to biographer Keith Mooney, it was a young pastry chef from Wellington, madly in love with the dancer, who created the first Pavlova in New Zealand, the meringue being as light as the dancer's tutu. But that's where it gets complicated... Other Australian sources attribute the creation of this star dessert to chef Bert Sache. He is said to have come up with the first Pavlova recipe in 1934 at the request of Elizabeth Paxton, who wanted to add a light, elegant and original dessert to the menu of her Perth restaurant.

THE FONTAINEBLEAU Created in Fontainebleau, the town loved by French royalty, this airy delicacy mixes fresh creamy white cheese together with whipped cream to create a mild, sweet dessert that's fit for a king.



)( Dorchester Collection