

Classic Pavlova with Lemon Curd



Preparation time: 80 mins

Serves: 8 people

User Rating: ★★★★★

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Categories: Desserts, Vegetarian



Ingredients

PAVLOVA

6 eggwhites (210g), at room temperature
330g (1 ½ cups) caster sugar
1 ½ teaspoons white vinegar

LEMON CURD

2 egg yolks
75g (1/3 cup) caster sugar
2 teaspoon finely grated lemon rind
80ml (1/3 cup) lemon juice
80g unsalted butter, chopped
4 kiwi fruit sliced

35g (¼ cup) slivered pistachios

Method

PAVLOVA

- 1. Preheat oven to 150°C fan forced. Mark a 23cm circle onto a sheet of baking paper. Turn baking paper over and place onto an upturned large greased baking tray (this makes it easier for sliding pavlova off tray once cooked).
- 2. Place egg whites in the bowl of an electric mixture. Whisk on high speed until stiff peaks.
- 3. Gradually add sugar a tablespoon at a time, making sure sugar is dissolved between each addition. Once sugar is added, scrape down sides of bowl if needed. Whisk for a further 6 minutes, or until mixture is thick and glossy.
- 4. Add vinegar and whisk for further 2 minutes. Spoon meringue onto paper. Use a pallet knife to shape the meringue into peaks.
- 5. Place in oven, reduce oven temperature to 120°C fan forced and bake for 1 hour or until dry. Turn off oven and allow pavlova to cool completely. Meanwhile, make the lemon curd.

LEMON CURD

- 1. Place yolks, sugar, lemon rind and juice in a small bowl and whisk to combine. Place in a small saucepan with butter.
- 2. Place over medium heat, bring to a simmer, stirring constantly. When it comes to the boil, take off heat and strain through a fine sieve. Refrigerate until cold.
- 3. Place pavlova on serving plate, top with lemon curd, kiwifruit and sprinkle with pistachio.

Notes

Tip: When passionfruit is in season, drizzle with the pulp of 3 passionfruit.

Nutritional Information

| Serving size | Energy | Protein | Total fat | Saturated fat | Carbs (total) | Carbs (sugar) | Sodium | Fibre |
|--------------|-------------------|---------|-----------|---------------|---------------|---------------|--------|-------|
| 140g | 1500kJ 359kcal | 5.2g | 11.8g | 6g | 55.9g | 55.4g | 51mg | 1.5g |

All nutrition values are per serve.