

Meringue Nests with Lime Curd



Preparation time: 150 mins

User Rating: ★★★★★

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Categories: Desserts, Vegetarian



Ingredients

- 3 egg whites
- Pinch of salt
- 225g castor sugar

Lime curd:

- 6 egg yolks
- 100g sugar
- Juice & finely grated zest of 3 limes
- 150g butter, cut into cubes
- 4 passionfruit, pulp removed
- Double-thick cream, to serve

Method

1. Preheat the oven to 100°C.
2. Beat the egg whites with the salt until they hold soft peaks. Continue beating and add half the sugar, adding 1 tbsp at a time, until the mixture holds stiff peaks. Add the remaining sugar all at once and beat for a few minutes only. Line a baking tray with baking paper.
3. Spoon the mixture onto the trays, using a tbsp to shape a hollow in the centre. Bake on the lower oven shelves for 2 hours. Allow the meringues to cool, and store in an airtight container. Meringues can be made up to 5 days prior to serving.

Lime curd:

1. Beat the egg yolks with the sugar until pale and thick. Place the bowl over a saucepan of simmering water and stir in the lime juice and zest. Continue to stir constantly with a wooden spoon over low heat until the mixture thickens.
2. Remove from the heat and stir in the butter. Pour into a large bowl and allow to cool.
3. Fill the centre cavity of the meringue nests with lime curd and place onto individual serving plates.
4. Drizzle with passionfruit pulp and serve with a dollop of pure cream.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
143g	1970kj 471kcal	5.2g	24.3g	10.3g	55.4g	55.4g	181mg	2.5g

All nutrition values are per serve.