Passionfruit Curd & Coconut Meringue Jars



Preparation time: 55 mins

Serves: 4 people

User Rating: ★★★☆☆

Publication: 11 March 2019

Categories: Desserts, Entertaining, Vegetarian



Ingredients

PASSIONFRUIT CURD

- 1 cup fresh passionfruit pulp (approx. 12 passionfruit)
- 125g chilled butter, chopped
- ¾ cup caster sugar
- 4 egg yolks

BISCUIT CRUMB

• 200g packet shortbread biscuit, crushed

• ½ cup coconut flakes, toasted

MERINGUE

- 1 cup caster sugar
- 3 eggs whites

Method

- 1. For the passionfruit curd, strain passionfruit pulp through a sieve. Return 1/4 cup of seeds to strained juice (you will need 3/4 cup total passionfruit).
- 2. Combine passionfruit, butter, sugar and egg yolks in a medium saucepan. Cook over low heat, stirring constantly for about 10-12 minutes, until thickens to coat the back of a wooden spoon (do not boil or mixture will curdle). Transfer to a bowl and chill for 2 hours, until thickened
- 3. Make the biscuit crumb by crushing biscuits and coconut in a zip-lock bag with a rolling pin.
- 4. To make the meringue, combine 2/3 cup of sugar with 1/4 cup of water in a small saucepan over low heat, stirring to dissolve sugar. Increase heat to medium and bring to boil. Cook, without stirring for about 6 minutes, until mixture reaches 110°C on a sugar thermometer.
- 5. Meanwhile, using an electric mixer, beat egg whites to soft peaks. Beat in remaining sugar for 1 minute, until smooth. Gradually pour hot syrup into egg whites in a thin steady stream, beating constantly, until well combined. Continue beating on high speed for about 5 minutes, or until mixture cools to room temperature. Spoon into a piping bag fitted with 1cm star nozzle.
- 6. To assemble, spoon 1/4 cup of biscuit crumb mix into the base of four 1 cup-capacity jars. Spoon in 1/4 cup of curd. Pipe in an even layer of meringue about the same thickness as curd (about 1/4 cup). Repeat layers, finishing with meringue peaks.
- 7. Toast meringue topping with a kitchen blowtorch if you like or serve natural. Chill until ready to serve.

Nutritional Information

Saturated fat Carbs (total) Sodium Serving size Protein Total fat Carbs (sugar) Fibre Eneray 4360kl **11**q **51.5**q **127**q **10.2**q **26.6**q **106**q 456mg **267**q **1042**kcal

Vitamin D

All nutrition values are per serve.