



Pavlova with Lemon Curd and Berries



Vegetarian



Gluten Free

READY IN



120 min.

SERVINGS



8

CALORIES



385 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 3 large egg whites 30 minutes at room temperature
- ☐ 3 large egg yolks
- ☐ 0.7 cup granulated sugar
- ☐ 1 cup superfine granulated sugar
- ☐ 1 cup heavy cream
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 teaspoons lemon zest grated

- ☐ 4 cups poached berries mixed
- ☐ 0.1 teaspoon salt
- ☐ 0.5 stick butter unsalted
- ☐ 3 tablespoons water cold
- ☐ 1 teaspoon distilled vinegar white

Equipment

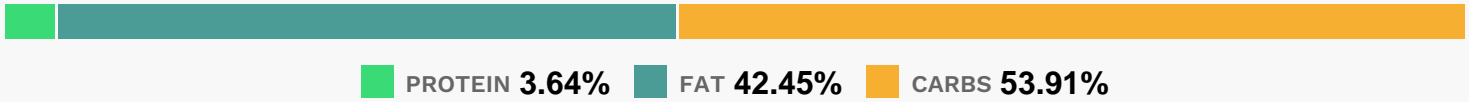
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ hand mixer
- ☐ wooden spoon

Directions

- ☐ Preheat oven to 300°F with rack in middle. Trace an approximately 7-inch circle on a sheet of parchment paper. Turn parchment over and put on a baking sheet.
- ☐ Whisk together superfine sugar and cornstarch in a small bowl.
- ☐ Beat whites with a pinch of salt using an electric mixer at medium speed until they hold soft peaks.
- ☐ Add water (whites will loosen) and beat until whites again hold soft peaks.
- ☐ Increase speed to medium-high and beat in sugar mixture 1 tablespoon at a time. After all sugar has been added, beat 1 minute more.
- ☐ Add vinegar and beat at high speed until meringue is glossy and holds stiff peaks, about 5 minutes (longer if using hand-held mixer).
- ☐ Gently spread meringue inside circle on parchment, making edge of meringue slightly higher than center (the "crater" is for curd and fruit).

- ☐ Bake until meringue is pale golden and has a crust, about 45 minutes (inside will still be marshmallow-like).
- ☐ Turn oven off and prop door open slightly with a wooden spoon. Cool meringue in oven 1 hour.
- ☐ Stir together sugar, cornstarch, and salt in a 2-quart heavy saucepan, then add lemon juice and butter. Bring to a simmer over medium-high heat, whisking, then continue to simmer, whisking constantly, 1 minute. Lightly beat yolks in a small bowl and whisk in 1/4 cup lemon mixture, then whisk into remaining lemon mixture in saucepan. Reduce heat to low and cook, whisking constantly, until curd is thickened, about 2 minutes (do not let boil).
- ☐ Transfer to a bowl and stir in zest. Chill, surface covered with parchment, until cool, about 1 1/2 hours.
- ☐ Beat heavy cream until it just holds stiff peaks, then fold 1/4 cup beaten cream into curd to lighten. Spoon lemon curd into meringue and mound berries on top.
- ☐ Serve remaining whipped cream on the side.
- ☐ •For best results, keep oven door closed as much as possible during baking. •Meringue can be made 2 days ahead and frozen, wrapped well in plastic. Thaw before serving. •Curd can be made 2 days ahead and chilled.

Nutrition Facts



Properties

Glycemic Index:23.77, Glycemic Load:29.09, Inflammation Score:-5, Nutrition Score:5.5726086886033%

Flavonoids

Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 1.37mg, Myricetin: 1.37mg, Myricetin: 1.37mg, Myricetin: 1.37mg Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg

Nutrients (% of daily need)

Calories: 385.09kcal (19.25%), Fat: 18.83g (28.98%), Saturated Fat: 11.12g (69.53%), Carbohydrates: 53.82g (17.94%), Net Carbohydrates: 51.63g (18.78%), Sugar: 49.41g (54.9%), Cholesterol: 117.65mg (39.22%), Sodium: 70.45mg (3.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.28%), Vitamin A: 742.25IU (14.85%), Vitamin K: 14.2µg (13.52%), Vitamin B2: 0.18mg (10.87%), Selenium: 7.38µg (10.54%), Fiber: 2.18g (8.74%), Vitamin C: 6.7mg (8.12%), Vitamin E: 0.99mg (6.6%), Vitamin D: 0.93µg (6.17%), Manganese: 0.12mg (6.16%), Phosphorus: 55.22mg (5.52%), Folate: 18.73µg (4.68%), Vitamin B6: 0.08mg (4.24%), Vitamin B5: 0.41mg (4.1%), Calcium: 38.57mg (3.86%), Vitamin B12: 0.2µg (3.25%), Potassium: 111.08mg (3.17%), Vitamin B1: 0.05mg (3.04%), Vitamin B3: 0.45mg (2.25%), Copper: 0.04mg (2.21%), Iron: 0.39mg (2.18%), Magnesium: 8.56mg (2.14%), Zinc: 0.29mg (1.96%)