

Pavlova with Lemon Curd and Fresh Berries

 Vegetarian  Gluten Free

READY IN



285 min.

SERVINGS



10

CALORIES



189 kcal

DESSERT

Ingredients

- 1.5 cups blackberries fresh such as raspberries, blackberries, blueberries, or sliced strawberries
- 2 teaspoons cornstarch
- 4 large egg whites with no traces of yolk, at room temperature
- 4 large egg yolk for the pavlova (save the whites)
- 1 tablespoon granulated sugar
- 1 cup cup heavy whipping cream cold
- 0.3 cup juice of lemon freshly squeezed (from 3 to 4 lemons)
- 0.3 cup lemon zest loosely packed finely grated (from 5 to 6 medium lemons)

- 0.1 teaspoon salt fine
- 6 tablespoons butter unsalted cut into 6 pieces, at room temperature ()
- 0.5 teaspoon vanilla extract
- 1 teaspoon vinegar white

Equipment

- bowl
- baking sheet
- sauce pan
- baking paper
- oven
- whisk
- sieve
- blender
- cake form
- stand mixer
- spatula
- pot holder

Directions

- For the lemon curd: Fill a medium saucepan with 1 to 2 inches of water and bring it to a simmer over high heat; reduce the heat to low and keep the water at a bare simmer.
- Place all of the ingredients except the butter in a large heatproof bowl and whisk to combine. Set the bowl over, but not touching, the simmering water and whisk constantly until the yolks thicken and the mixture forms ribbons when the whisk is lifted from the bowl, about 7 to 10 minutes. (Check to make sure the water does not boil by periodically removing the bowl from the saucepan using a pot holder or dry towel. If the water boils, reduce the heat so the eggs do not curdle.)
- Heat the oven to 250°F and arrange a rack in the middle. Using a 9-inch round cake pan, trace a circle onto a piece of parchment paper with a pen or marker. Flip the paper over and place it on a baking sheet (the traced circle should be visible); set aside.

- Place the egg whites and salt in the very clean, dry bowl of a stand mixer fitted with a clean, dry whisk attachment.
- Whisk on medium speed until the whites begin to lighten in color and only small bubbles remain, about 2 minutes. Increase the speed to high and very slowly add the sugar in a thin, continuous stream.
- Whisk until firm, shiny peaks form, resembling marshmallow crème (this is the meringue), about 3 minutes.
- Remove the bowl from the mixer and sift the cornstarch through a fine-mesh strainer into the meringue.
- Drizzle with the vinegar and vanilla and fold them into the meringue with a rubber spatula until no streaks of vanilla remain, being careful not to deflate the whites. Using the rubber spatula, pile the meringue into the center of the circle drawn on the parchment paper and smooth it to the edges of the circle to form a rough, even disk about 1 inch tall. (If the parchment shifts while spreading the meringue, weigh down two opposite corners with small, heavy objects like cans. Make sure to remove them before baking.)
- Bake until the meringue is firm to the touch but slightly soft in the middle, about 60 minutes.
- Place the cream, sugar, and vanilla in the clean bowl of a stand mixer fitted with a whisk attachment. Beat on medium-high speed until soft peaks form, about 1 1/2 to 2 minutes.
- Remove the bowl and, using a rubber spatula, fold the chilled lemon curd into the whipped cream, leaving big streaks of curd and whipped cream. Pile the mixture into the center of the baked meringue and spread it to the edges. Top with the fresh berries and serve the pavlova immediately.

Nutrition Facts

 PROTEIN 7.52%  FAT 80.84%  CARBS 11.64%

Properties

Glycemic Index:14.51, Glycemic Load:1.07, Inflammation Score:-5, Nutrition Score:4.9795651824578%

Flavonoids

Cyanidin: 21.59mg, Cyanidin: 21.59mg, Cyanidin: 21.59mg, Cyanidin: 21.59mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 8.01mg, Catechin: 8.01mg, Catechin: 8.01mg, Catechin: 8.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.01mg, Epicatechin: 1.01mg, Epicatechin: 1.01mg, Epicatechin: 1.01mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg

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Nutrients (% of daily need)

Calories: 188.92kcal (9.45%), Fat: 17.37g (26.72%), Saturated Fat: 10.45g (65.28%), Carbohydrates: 5.63g (1.88%), Net Carbohydrates: 4.2g (1.53%), Sugar: 3.41g (3.79%), Cholesterol: 118.39mg (39.46%), Sodium: 62.11mg (2.7%), Alcohol: 0.07g (100%), Alcohol %: 0.1% (100%), Protein: 3.63g (7.27%), Vitamin A: 705.74IU (14.11%), Vitamin C: 10.92mg (13.24%), Selenium: 7.38µg (10.54%), Vitamin B2: 0.15mg (8.86%), Manganese: 0.15mg (7.37%), Vitamin D: 0.87µg (5.83%), Vitamin E: 0.86mg (5.73%), Fiber: 1.43g (5.71%), Vitamin K: 5.67µg (5.4%), Phosphorus: 50.09mg (5.01%), Folate: 19µg (4.75%), Vitamin B5: 0.38mg (3.76%), Calcium: 37.48mg (3.75%), Vitamin B12: 0.2µg (3.28%), Potassium: 101.11mg (2.89%), Copper: 0.05mg (2.59%), Vitamin B6: 0.05mg (2.37%), Zinc: 0.35mg (2.34%), Magnesium: 8.84mg (2.21%), Iron: 0.38mg (2.14%), Vitamin B1: 0.03mg (1.69%)