

Recipe adapted from Joy of Baking.



Individual Pavlova with Lemon Curd

For the Pavlova

4 large egg whites
1 c castor sugar
1/2 t vanilla extract
1 t white vinegar
1/2 T cornstarch
1 c fresh berries

For the Lemon Custard

4 large egg yolks
1/2 c sugar
Zest of 3 lemons
1/3 c lemon juice
1/8 t salt
6 T butter
1/2 c whipped cream

For the Pavlova

Preheat the oven to 250F. Line a baking sheet with parchment paper and draw/trace six circles three inches in diameter. Turn the parchment over on a baking sheet.

Next in the bowl of an electric mixer, using the whisk attachment, beat the egg whites on medium speed until they form soft peaks. Slowly add the sugar, one tablespoon at a time and whip on high speed until stiff, shiny peaks form and sugar is dissolved. Lastly beat in the vanilla extract. Remove bowl from the mixer and gently fold the cornstarch and vinegar into the meringue using a rubber spatula.

Spread the meringue onto the parchment forming six circles, using the drawing as a guide. Bake for 60 to 75 minutes, or until pale in color. Turn the oven off and slightly vent the door, leaving the pavlova inside for another hour (or until cool), you will begin to see cracks form. Store in an airtight container in a cool dry place until ready to serve.

For the Lemon Custard

While the Pavlova is baking, prepare the meringue. Using a double boiler whisk together the yolks, sugar, lemon zest and juice, and the salt until dissolved and thickened (about 7 to 10 minutes) being careful not to boil. Next add the butter a tablespoon at a time, whisking until incorporated. Remove from heat, let cool and then refrigerate until ready to use.

To serve, mix the 1/2 cup whipped cream with the lemon curd. Then carefully top the Pavlova with the lemon curd whipped topping and fresh berries.