



Pavlova

Equipment for assembly

- Spoons
- Piping bag with star tip, optional



Components

- Baked Pavlova (recipe below)
- 1 cup heavy cream, unsweetened*
- Blueberry compote (recipe below)
- Lemon curd (recipe below)
- Fresh blueberries
- Edible flowers, optional

Assembly

1. Fill the cavity on top of the Pavlova with the whipped cream and the compote.
2. Drizzle the lemon curd on top.
3. Dollop the surface with more cream and compote.
4. Add a generous amount of fresh blueberries.
5. If desired, garnish the surface with more whipped cream and edible flowers like the pansies shown in the picture.

If you add flowers, please make sure that they are indeed edible. Many flowers, as well as their stems, might make someone sick. Safe bets are untreated pansies, nasturtiums, and rose petals. Other attractive choices are slices of untreated lemons, and small lemon balm leaves.

The Pavlovas taste best the day they are assembled, but leftovers can be stored in the fridge for a day or two if necessary.

* Heavy whipping cream will be more stable than regular whipping cream. The higher the fat content, the better. One can even add $\frac{1}{4}$ cup mascarpone cheese for every cup of cream, and whip them together.



Pavlova

Yield: 1 8-9 inch Pavlova or several smaller ones

Equipment

- Scale or measuring cups and spoons
- Stand mixer with whisk attachment
- Small (tiny) bowl
- Baking sheet tray lined with parchment paper
- 8-9 inch plate or cake pan, and pencil to trace a circle, optional
- Spoons or spatula to shape the meringue

Ingredients	Standard measurements	Metric measurements
Egg whites, ideally room temperature	4 each	4 each (120 g)
Sugar	1 cup plus 1 tbsp.	230 g
Cornstarch	1 ½ tsp.	1 ½ tsp.
Lemon juice	1 ½ tsp.	1 ½ tsp.
Vanilla extract, optional	½ tsp.	½ tsp.

Method:

1. Preheat oven to 325°F (300°F for convection).
2. Whip egg whites until they are white and look frothy.
3. Add the sugar little by little.
4. Continue whipping until you have a very stable meringue, and the sugar is dissolved.
5. Mix cornstarch, lemon juice, and vanilla to create a slurry.
6. Fold the cornstarch mixture into the meringue.
7. Shape the Pavlova as demonstrated in class.
8. Place the Pavlova into the preheated oven and immediately turn the heat down to 225°F (200°F for convection).
9. Bake for about an hour. The surface should not take on any or much color. Turn the heat down if necessary.
10. After an hour, switch off the oven, but leave the Pavlova inside to cool down gently over a few hours, ideally overnight. Pulling it out while warm can cause the Pavlova to crack.
11. Shortly before serving, top it with cream and fruits of your choice as described above.
12. It is best, when you eat it soon (within a few hours) after filling it.

The baked, unfilled, Pavlova can be stored for a day or two in an airtight container at room temperature.



Lemon Curd

Yield: About 1 cup

Equipment

- Scale or measuring cups and spoons
- Small pot
- Microplane grater to create lemon zest, optional
- Citrus juicer if working with fresh lemons
- Whisk
- Rubber spatula
- Hand held (stick) blender or fine mesh strainer

Ingredients	Standard measurements	Metric measurements
Egg yolks	3 each	3 each (60 g)
Sugar	½ cup plus 2 tsp.	120 g
Lemon zest, optional but good*	From 1 lemon	From 1 lemon
Lemon juice*	¼ cup (about 2 med. ones)	60 g (about 2 med. ones)
Butter, unsalted, cold	1 stick (1/2 cup)	115 g

*Using fresh, untreated lemons and their zests will yield the best tasting curd. Bottled juice is fine, too.

Method:

1. Mix egg yolks, sugar, lemon zest, and lemon juice with a whisk.
2. Heat the mixture while stirring constantly until it reaches a boil.
3. Remove from heat and let cool down for a few minutes.
4. Add the cold butter little by little. This is best with the help of a hand held/stick blender.
5. If you do not have a small blender, strain the mixture through a fine mesh strainer.
6. Store covered in the refrigerator until ready to use.

It should keep for 4-5 days in the fridge, and can be frozen for longer storage.



Blueberry compote

Yield: About 2/3 cup

Equipment

- Scale or measuring cups and spoons
- Small pot with lid
- Rubber spatula or spoon

Ingredients	Standard measurements	Metric measurements
Blueberries, fresh or frozen	½ cup	80 g
Sugar	1 tsp. to 2 tbsp.	1 tsp. to 2 tbsp.
Water	1 tbsp.	1 tbsp.
Lemon juice	1 tsp.	1 tsp.
Blueberries, fresh or frozen	½ cup	80 g

Method:

1. Mix first part of blueberries with sugar, water, and lemon juice.
2. Bring it to a boil, and boil for about 3 minutes, with lid on top.
3. The berries should burst, and purple juice should be visible.
4. Remove from heat and stir in the second part of blueberries.
5. Set aside to cool to room temperature.
6. Store it in the fridge until ready to assemble the Pavlova.

The compote can be stored in the fridge for a day or two.