



# Honey Curd Pavlovas with Pistachio & Blueberries

MEDIUM • 50 MINS

The only thing better than sharing a pavlova with friends... is having one all to yourself. Individual pavlovas mean each bite has a delectable mix of textures. From the crumbly crust and a gooey honey-curd-filled centre, to an uplifting topping of blueberries and toasted pistachios. You might even be tempted to grab a second one, if there's any left!



SKILL LEVEL  
Medium

PREP TIME  
20 mins

COOKING TIME  
30 mins

SERVINGS  
6

Visit [capilano.com.au](https://www.capilano.com.au) to learn how to swap honey for sugar in your recipes.

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## Ingredients

### Individual Pavlovas

- 4 egg whites
- 220g (1 cup) caster sugar
- 1 tsp white vinegar
- 1 tsp vanilla essence
- 300ml (1¼ cups) thickened cream, whipped
- Chopped toasted pistachios & fresh blueberries, to serve.

### Honey Curd

- 4 egg yolks
- 180g (½ cup) **Capilano Aussie Outback Honey**
- 2 tbs lemon juice
- 150g cold butter, cubed.

## Used in this recipe



### AUSSIE OUTBACK HONEY

Travel to Australia's outback, where ancient river systems, creeks and billabongs grow trees such as Mallee, Yapunyah, Bimble Box and Gum that our bees forage to create uniquely Australian honey.

### Fruity, Caramel and Smooth

Squeeze the rich caramel taste of Outback Honey into your creamy porridge or bowl of muesli, enjoy its robust and fruity flavour in your cooking, or craft a distinct honey-flavoured treat in sweet recipes like a honey macadamia caramel slice or vanilla custard slice.

### Make the Sweet Switch

Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury

## Method

1. Preheat oven to 150°C (fan-forced). Line a large tray with baking paper.
2. Using a stand mixer (or electric beaters), whisk egg whites in a bowl on high until stiff peaks form.
3. Add sugar 1 tablespoon at a time at 30 second intervals. Continue whisking for 5-6 minutes until glossy and stiff.
4. Add vinegar and vanilla essence and whisk for 2 minutes until glossy and combined.
5. Spoon 6 large rounds of meringue onto a prepared tray, leaving 5cm of space between each. Use a spoon to indent the middle of each meringue round.
6. Reduce oven to 120°C (fan-forced). Bake for 30 minutes, or until crisp to the touch.
7. Turn oven off and leave meringues to cool in oven for 1 hour with door closed.
8. While meringues are baking, make honey curd. Fill a medium saucepan ¼ full of water. Place on stovetop and bring to a simmer.
9. In a heatproof bowl, whisk egg yolks, honey, and lemon juice. Place bowl on top of simmering water and cook for 1-2 minutes, stirring constantly.
10. Add butter to bowl, 2 cubes at a time. Allow butter to melt and combine into mixture each time. Continue to stir for 2-3 minutes until curd thickens. Pour into a bowl and allow to cool.
11. To serve: top each meringue with whipped cream, cold honey curd, pistachios, and fresh blueberries.
12. Storage instructions: Honey curd can be made a few days ahead and stored in an airtight container in the refrigerator. Meringues can be made a day ahead and stored in an airtight container.

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recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

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