



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

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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 tbsp lemon juice
- 150g cold butter, cubed.

Used in this recipe

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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