



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 Low GI Honey**
- 2 tbsp lemon juice
- 150g cold butter, cubed.

Used in this recipe



Low GI Honey

Capilano Low GI Honey is a specially selected blend of Australian premium eucalypt honey with a light, floral taste that is perfect for your everyday sweetening needs. The natural sugar profile of this specially selected 100% Australian honey influences the way it is digested in the body, and its GI rating. Low GI 42 delivers slow energy release.

Make the Sweet Switch

Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savory recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

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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