

# Pavlova with Lemon Curd and Strawberries

This light and delicious recipe is a summer-time must-make!

## Pavlova Base

- 4 large egg whites (use the yolks for lemon curd)
- 1/2 cup xes sweetener or gentle sweet
- 1 teaspoon pure vanilla extract
- 1/2 teaspoon cream of tartar
- 1 teaspoon oat fiber

## Lemon Curd

- 4 large egg yolks
- 1/2 cup xes sweetener or THM gentle sweet
- 1/3 cup lemon juice (or juice of about 3 lemons)
- 1/8 teaspoon salt
- 6 Tablespoons butter (softened to room temperature)

## Strawberry Topping

- 1 pound of fresh or frozen strawberries
- 2 tablespoons xes sweetener or THM gentle sweet (optional)

## Instructions

1. Preheat the oven to 350°F. Line a large baking sheet with parchment paper or a silicone baking mat.
2. With a handheld mixer or a stand mixer fitted with a whisk attachment, beat the egg whites until soft peaks form, about 5 minutes.

3. Add the sugar in 2 tablespoons at a time, beating for 30 seconds between, then continue beating on high speed until glossy stiff peaks form, about 2 more minutes. The peaks should be stiff enough that you can hold the whisk upright and the peaks won't move.
4. Add the vanilla extract, cream of tartar, and oat fiber and beat for 1 more minute. The peaks should still be very stiff. If not, keep on mixing on high speed.

For Mini Pavlovas:

1. Divide the pavlova mixture up into 6 individual portions. You can pipe these if you want but a piping tip isn't necessary— you can just spoon it on like I did. Make sure you leave a dip in the center to hold the toppings.
2. Place the baking sheet in the oven, close the door, and immediately turn the heat down to 200°F. Bake for 50-60 minutes at 200°F until the pavlova is dry to the touch. Try to limit how many times you open the oven as the cool air will interrupt the baking.
3. Turn the oven off and let the pavlova cool inside the oven. Once the pavlova is cool, you can store it covered tightly at room temperature for up to 2 days. Or serve right away. Once cool, top the pavlova with lemon curd and strawberries (or other toppings) and serve immediately. If making ahead, do not top the pavlova until you are ready to serve.

For One Large Pavlova:

1. Spread the pavlova mixture into an 8-9-inch circle. You can make decorative peaks with the back of a large spoon or pipe the mixture if desired. Make sure the edges are taller and there is a dip in the center.
2. Place pavlova in the oven. As soon as you close the oven door, reduce the heat to 200°F. Bake until the pavlova is dry to the touch, about 90

minutes total. Rotate the baking sheet if you notice some spots browning. Try to limit how many times you open the oven as the cool air will interrupt the baking. Turn the oven off and let the pavlova cool inside the oven.

3. Once cool, top the pavlova with lemon curd and strawberries (or other toppings) and slice and serve immediately. If making ahead, do not top the pavlova until you are ready to serve.

### Lemon Curd

1. Fill the bottom pot of your double boiler with 1-2 inches of water. Place on high heat. Once the water begins to boil, reduce to low heat to keep the water at a simmer.
2. Place egg yolks, sweetener, lemon juice, and salt into the top pot of your double boiler. Whisk until completely blended.
3. Continue to whisk as the curd cooks to keep the egg yolks from curdling. Whisk and cook until the mixture becomes thick, resembling the texture of hollandaise sauce, about 10 minutes. If curd isn't thickening, turn up the heat and constantly whisk.
4. Remove pan from heat. Cut the butter into 6 separate pieces, then stir into the curd until fully melted and incorporated.
5. Pour curd into a jar or bowl.
6. Place a piece of plastic wrap directly on top so it is touching the top of the curd to keep skin from forming on top. The curd will continue to thicken as it cools. Once cool, the plastic wrap can be removed. Refrigerate the curd for up to about 10 days.

### Strawberry Topping

1. You can just slice the strawberries and top the pavlova with them as they are if you'd like. You can also slice them and put them in a bowl with 2

tablespoons of sweetener to sweeten them if you'd like. This will cause the berries to release some juices and make a "sauce" as well. If you choose to do this, as I did, you will want to use a slotted spoon to dip the berries out for the pavlova so that you don't get too much moisture on your dessert.