

Dessert – “Pavlova” with Lemon Curd and Pistachio Cream

Ingredients:

The base for the Pavlova:

Egg whites — 100 g
Powdered sugar — 200 g

Lemon Curd:

Lemon — 2 pieces
Sugar — 50 g
Eggs — 2 pieces
Butter (room temperature warm) — 55 g

Pistachio cream:

Mascarpone cheese (cold) — 70 g
Heavy cream 33% fat (cold) — 120 g
Powdered sugar — 20 g
Pistachio paste — 35 g

For home-made pistachio paste:

Pistachios — 23 g
Glucose syrup — 10 g
Water — 2 g

Pistachio cookies:

Flour — 140 g
Powdered sugar — 25 g
Pinch of salt
Butter (cold) — 75 g
Egg yolk — 1 piece
Cold water — 1 tsp
Pistachio flour — 50 g

Berries, lemon slices, pistachios, and sublimates for decoration

Process:

Pavlova Base:

1. Start by sifting the powdered sugar through a sieve to ensure no lumps remain.
2. Separate the egg yolks from the whites (you'll need about 3 eggs), or use leftovers from aged egg whites. Begin whisking 100 g of egg whites at medium speed until frothy. When there is no more liquid egg white in the bowl, gradually add 200 g of powdered sugar (about 2-3 tablespoons at a time). Once all the powdered sugar has been added, increase the speed to maximum and keep a close eye on the mixer to avoid overbeating the egg whites. Beat them until stiff peaks form, resulting in a glossy and dense mixture. Then, transfer it to a piping bag, ensuring to place a nozzle inside beforehand.
3. Preheat the oven to 120C or 248F and start piping the Pavlova onto silicone molds (only silicone!) for muffins. Cut off the tip of the piping bag so that the edges of the nozzle are outside. You can experiment with shapes, but make sure the meringue layer isn't too thick, or it won't bake through, and there are no gaps.
4. Reduce the oven temperature to 60C or 140F on convection mode and allow the Pavlova base layers to dry out for approximately 1 hour 20-30 minutes. It may take 2.5-3 hours if the meringue layer is thicker. The Pavlovas should be firm on the outside and not stick to the baking mat. Allow them to cool completely inside the oven. If not assembling immediately, store them in a container at room temperature.

Let's move on to preparing the lemon curd.

1. First, take out 55 g of butter from the refrigerator. While we prepare, it will reach room temperature. Then finely grate the zest of two lemons into a saucepan. Add 50 g of sugar and 2 eggs to the saucepan.
2. To fully and easily squeeze the lemon, rub it with your hand and roll it on the countertop as if you were rolling a rolling pin. Then microwave it for about 30 seconds. Poke several holes on one side of the lemon and start squeezing it into a bowl. If there's still a little juice left in the lemon, cut it into 2-4 pieces, remove the seeds, which should now come out easily, and squeeze out the remaining juice. Repeat with the second lemon and add all the juice to the saucepan.

3. The saucepan should be placed over medium heat, constantly stirring with a whisk until thickened. The consistency should be such that the whisk leaves traces, which takes approximately 15 minutes. Finally, add 55 g of warm butter and mix thoroughly. Transfer the lemon curd to a piping bag and refrigerate for at least an hour.

Now, let's prepare the pistachio cream.

1. You'll need 35 g of pistachio paste: you can either buy it ready-made or make it yourself. To make it, grind 23 g of pistachios in a coffee grinder or food processor. In a bowl, mix the resulting pistachio flour with 10 g of glucose syrup and 3 g of water – it's ready. In another bowl, whip 120 g of heavy cream (31-33% fat) until soft peaks form, then add 100 g of mascarpone cheese, 20 g of powdered sugar, and 35 g of pistachio paste. Finally, mix everything with a silicone spatula and transfer it to a piping bag (you can use a nozzle).
2. Now it's time for pistachio cookies, which will serve as a crispy layer in the dessert. This is also a shortcrust pastry, so try to work quickly. You can take 50 g of ready-made pistachio flour or grind it in a food processor or coffee grinder. Then sift into a bowl 140 g of wheat flour, 50 g of pistachio flour, 25 g of powdered sugar, and add a pinch of salt. Cut 75 g of cold butter (you can even use it straight from the freezer) into cubes and rub into the flour mixture until it resembles fine breadcrumbs. Then add 1-1.5 egg yolks and a teaspoon of water. Mix quickly and shape into a ball. If the dough doesn't hold together, add a little more water or egg yolk. Wrap the ball in plastic wrap, press slightly, and refrigerate for 30 minutes.
3. After half an hour, preheat the oven to 180C or 356F. Roll out the chilled dough between 2 parchment papers or silicone mats and prick it with a fork. Then cut out circles using a glass (you can make several different diameters, the main thing is that they fit into your silicone muffin molds) and return to the refrigerator for another 10 minutes. Bake in the oven for 10-15 minutes until done (until the edges darken and become more golden). Completely cool the cookies, remove any unnecessary edges, and start assembling the dessert.

Assembling the layers of Pavlova:

1. Pour approximately half of the lemon curd into the base, place the cookies in the middle, and top with the pistachio cream, smoothing the layer. Decorate the top with berries or pistachios to your liking. Remember the balance! Alternatively, you can place a

larger cookie on top, covering the cream, and flip it over – you'll get a beautiful hat. Store in the refrigerator in a closed container for up to 3 days.

Enjoy your meal!