

# BC EGG PAVLOVA WITH LIME CURD

## AND BC BLUEBERRY COMPOTE

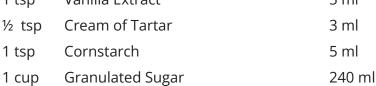


### INGREDIENTS

#### For BC Egg Pavlova:

BC Egg Whites, room temperature

1 tsp Vanilla Extract 5 ml ½ tsp Cream of Tartar 3 ml 1 tsp Cornstarch 5 ml





## **DIRECTIONS**

#### For BC Egg Pavlova:

- 1. Preheat oven to 200F and line a baking tray with parchment paper.
- 2. Add the BC egg whites to a mixing bowl with a whisk attachment and whip until frothy.
- 3. Add the vanilla extract, cream of tartar and cornstarch. Whip until just combined.
- 4. Gradually add all of the sugar and whip until stiff peaks form.
- 5. Place desired amount of whipped egg whites onto the parchment lined tray. Spread with a spoon to desired size being sure to leave high edges and a deep centre for the fillings.
- 6. Place the pavlova into the pre heated. Bake until the pavlovas are firm and dry. (About 90 minutes)
- 7. Turn the oven off and allow the pavlova to dry as the oven cools.
- 8. Once cooled, use immediately or store in a tightly covered container at room temperature for up to two days.
- 9. Serve with BC Egg Lime Curd, BC Blueberry Compote, and fresh BC berries.

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## BC Egg Lime Curd



## **INGREDIENTS**

#### For BC Egg Lime Curd:

6 Whole BC Eggs

2 BC Egg Yolks

1½ cup Granulated Sugar 360 ml

34 cup Butter, unsalted, cold and diced into small 180 ml

cubes

6½ Tbsp Lime Juice, fresh 100 ml

2 Tbsp Water 30 ml

## **DIRECTIONS**

#### For BC Egg Lime Curd:

- 1. Place lime juice and water into a small pot and bring to a boil. Remove from heat and set aside.
- 2. Meanwhile, prepare a double boiler by bringing water to a boil in a pot that will hold the mixing bowl.
- 3. In a large bowl, whisk together whole BC eggs, BC egg yolk and sugar until pale.
- 4. Temper in the lime juice by adding a little at a time while whisking rapidly.
- 5. Place the bowl over the simmering water rand whish until the curd is nice and thick. (approx. 80 C)
- 6. Remove the bowl from the heat and whisk in the BC butter.
- 7. Store in a covered container.
- 8. Curd can be kept up to a week in the refrigerator.

## BC Blueberry Compote

## **INGREDIENTS**

## For BC Blueberry Compote:

2 cups	BC Blueberries	300 g
¼ cup	Granulated Sugar	50 g
2 Tbsp	Water	30 ml
1 Tbsp	Fresh Lemon Juice	15 ml
½ tsp	Vanilla Extract	2.5 ml

## **DIRECTIONS**

### For BC Blueberry Compote:

- 1. Combine ½ of the blueberries, sugar, water, lemon juice, and vanilla in a small saucepan.
- 2. Simmer over medium heat for 10 minutes, stirring occasionally.
- 3. Add the remaining 1 cup blueberries and cook for 8 minutes, stirring occasionally.
- 4. Remove from the heat. The mixture will become thick and jammy as it cools.