

BC EGG PAVLOVA WITH LIME CURD AND BC BLUEBERRY COMPOTE

*Yields:*

9 - 4" Pavlovas



INGREDIENTS

For BC Egg Pavlova:

4	BC Egg Whites, room temperature	
1 tsp	Vanilla Extract	5 ml
½ tsp	Cream of Tartar	3 ml
1 tsp	Cornstarch	5 ml
1 cup	Granulated Sugar	240 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.

BC Egg Lime Curd



Yields:
700 ml

INGREDIENTS

For BC Egg Lime Curd:

6	Whole BC Eggs	
2	BC Egg Yolks	
1½ cup	Granulated Sugar	360 ml
¾ cup	Butter, unsalted, cold and diced into small cubes	180 ml
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 and whisk 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.