

What's Cookin': Here's a summer dessert worth making

Sorry gang, but no story this week—have to make room for a recipe that is a bit longer, but well worth making!

Have fun and keep cooking!

Meringues with Lemon Curd

Makes 8

Ingredients

- 4 egg whites (at room temperature)
- 1 cup plus 2 tbsp sugar
- whipped cream for garnish

Lori Gysel & Gerry Kentner



Method

1. Beat egg whites in a glass bowl until stiff (part way through the beating, add the 1 cup plus 2 tbsp sugar very slowly).
2. Spoon meringue mixture into a pastry bag fitted with a plain tip. Pipe 3-4 inch rounds onto parchment paper. Fill centre with a meringue base, then

build up the sides of the round—going up two or three layers.

3. Bake in a preheated 200 F degree oven for two hours.
4. Meanwhile, make lemon curd recipe below.
5. To assemble, spoon lemon curd into meringue shells. Garnish with whipped cream.

Lemon Curd

Ingredients

- 1/2 cup unsalted butter
- 2/3 cup lemon juice (freshly squeezed)
- 1/4 tsp salt

- 1 1/4 cup granulated sugar
- 3 large eggs
- 3 egg yolks

Method

1. Combine the butter, lemon juice, salt and sugar in a bowl set over a pot of simmering water. Heat, stirring occasionally, until the butter is completely melted and the sugar is dissolved.

2. Whisk together the eggs and yolks in a separate bowl; slowly pour in one quarter of the

hot lemon-juice mixture, whisking all the time; then pour in the rest in a thin stream. Place over the hot water and cook, stirring constantly, until thickened (approx 10 minutes). Remove from the heat and allow to cool to room temperature.

3. Once somewhat cooled, chill the curd in the fridge until cold before using in recipe.



Email questions and comments to Lori and Gerry at whatscooking@theifp.ca

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