

Pavlova Eggs

Ingredients:

4 large egg whites, at room temperature
1/2 teaspoon cream of tartar
1/4 teaspoon fine salt
2 1/4 cups confectioners' sugar
3 large eggs yolks
2/3 cup sugar
1 lemon, zested, plus 1/4 cup fresh lemon juice (from 2 lemons)
1/2 stick cold unsalted butter, diced



Directions:

Position a rack in the lower third of the oven and preheat to 225 degrees F. Line 2 baking sheets with parchment.

For the meringues: Combine the egg whites, cream of tartar and salt in a very clean Bosch mixer bowl. Beat with the whisk attachment on medium speed until foamy, about 1 minute. Increase the speed to medium-high and beat until thick and opaque, about 1 minute more. Gradually add the confectioners' sugar, 1/4 cup at a time, and beat until stiff shiny peaks form, about 5 minutes.

Scoop the meringue with a 2-inch ice cream scoop and scrape off excess with the back of a knife to flatten. Scoop onto the prepared baking sheets, leaving 1 1/2 inches between each. Use the back of a metal tablespoon to make a shallow well in the center of each mound that will hold the "yolk." Bake until the meringues are dry and crisp on the outside, about 2 hours. Let cool completely.

For the curd: Simmer 1 inch of water in a medium saucepan over medium-high heat. Combine the egg yolks, sugar, lemon juice and zest in a medium metal bowl and whisk until smooth. Place the bowl on top of the saucepan (make sure the bottom of the bowl is not touching the water) and whisk until the curd is thickened, light yellow and coats the back of a spoon, about 8 minutes. Remove the curd from the heat and use a silicone spatula to stir in the butter, one piece at a time, letting each addition melt before adding the next. Transfer to a clean container and press a sheet of plastic wrap directly against the surface of the curd. Refrigerate until thoroughly chilled, at least 3 hours and up to 1 week.