

Sweetpea Patisserie x Lady Qooza
~ Cooking jamming Workshop ~
 ~~Sweetpea x Lady Qooza's Cooking jamming Workshop~~

Lemon Raspberry Meringue Nests

Ingredients:

A. Meringue :	B. Lemon curd: makes 1cup
2 egg whites 115g sugar *Makes 6 meringue nests*	Zest from 1 lemon 1/4 cup fresh lemon juice (from 2 lemons) 1 egg 2 egg yolks 1/6 cup (35g) sugar 3 Tbs. (42g) butter cubes 1 Tbs. milk 1/8 tsp salt *Fills 6 meringue nests*

How to:

A. Meringue nests: (makes 8 cupcakes) (Preheat oven to 95C)

1. In a clean mixing bowl, beat the egg whites with the lemon juice until soft peaks form. Gradually add the sugar in, keep whisking until very stiff and glossy.
2. Gently shape the whipped whites into a round nest with the back of a large spoon on to parchment paper (which you can draw 3-inch circles as a guide on the back of the parchment paper). You should be able to make 6 nests. Bake until crisp and easily detached from the parchment paper, 1 to 1 1/2 hours. Turn off the heat and leave the nests to cool in the oven. Peel off the parchment and use immediately or store tightly wrapped.

B. Lemon curd:

1. Grate the zest of one lemon using a cheese grater. Juice the lemons, you should have about 1/4 cup juice.
2. In a small saucepan, beat the egg, egg yolks, milk, sugar and salt together until just mixed. Stir in the lemon juice and zest, and add in the cubed butter.
3. Cook this mixture over medium heat, constantly whisking and stirring, until it is thick enough to coat a spoon. Do not boil the mixture or it will curdle! Let it cool and refrigerate.

Assemble:

1. Fill each cooled meringue nest with about 1/8 cup of lemon curd. Garnish with a fresh raspberry and a small sprig of mint.

~~Bon Appetite!!~~