

# LEMON CURD AND BLACKBERRY ROULADE



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For the Lemon Curd: (You can make this up to 5 days before serving)

4 large egg yolks

1/2 cup granulated sugar

1/4 cup finely grated, loosely packed lemon zest

1/3 cup freshly squeezed lemon juice

1/8 teaspoon fine salt

86g (6 Tbsp) unsalted butter, diced, at room temperature

For the Blackberry Compote:\* (You can make this the day before serving)

500g fresh blackberries

2-3 tablespoons honey, to taste

1 vanilla bean, sliced in half and seeds scraped and reserved

To assemble: (Do just before serving)

400 ml double cream and 1 tbsp castor sugar or whipping cream

1/2-1cup lemon curd- I used a whole cup

For the Lemon Curd:

Fill a medium saucepan with 1 to 2 inches of water and bring it to a simmer over high heat; reduce the heat to low and keep the water at a bare simmer.

Place all of the ingredients except the butter in a large heatproof bowl and whisk to combine.

Set the bowl over, but not touching, the simmering water and whisk constantly until the yolks thicken and the mixture forms ribbons when the whisk is lifted from the bowl, about 7 to 10 minutes.

Remove the bowl from the saucepan and whisk in the butter one piece at a time, waiting until each piece is completely melted and incorporated before adding another.

Set a fine-mesh strainer over a medium bowl.

Strain the curd into the bowl; discard the solids left in the strainer.

Press a sheet of plastic wrap directly onto the surface of the curd to prevent a skin from forming.

Refrigerate until set and chilled, at least 3 hours. (The curd can be made and refrigerated up to 5 days ahead.)

For the Blackberry Compote:

Put the blackberries, honey and vanilla pod and seeds into a medium sized saucepan over a low heat.

Cook gently, stirring occasionally, for a few minutes until the berries have released their juices and softened, but still hold their shape.

Remove from heat and pour the berries and juices into a strainer set over a bowl.

Once the excess syrup has drained off, spoon the berries into a dish or container and put into the fridge to chill until needed.

You can retain the syrupy liquid to serve with the pavlova roll or freeze it for another use.

Roulade:

4 medium free-range egg whites

1/4 tsp cream of tartar

180 g white caster sugar

1/2 tbsp cornflour

1 tsp white wine vinegar

Icing sugar to dust

handful fresh mint, large leaves roughly chopped

You'll also need...

20 cm x 30 cm swiss roll tin, lined with non-stick baking paper

Heat the oven to 160°C/140°C fan/gas.

Put the egg whites and cream of tartar in a large, spotlessly clean mixing bowl and whisk with an electric hand-mixer until they hold stiff peaks when the beaters are removed.

Add the caster sugar, 1-2 tbsp at a time, whisking back to stiff peaks between each addition.

Whisk in the cornflour and vinegar.

Spoon the meringue into the prepared tin and gently level out using a spatula.

Bake for 20-25 minutes, then remove and cool for 10 minutes in the tin.

Dust a piece of non-stick baking paper (roughly the same size as the tray) with icing sugar, then carefully invert the meringue onto it.

Peel off the original baking paper and cool.

Whip the cream and castor sugar till stiff.

You still want it to be slightly soft.

Cut a groove along a short side of the meringue, about 2 cm from the end – don't cut all the way through.

Spread the lemon curd over the meringue, then follow with the whipped cream and then the blackberries, lightly pressing them in.

Using the baking paper to help you, roll up the roulade from the indented edge.

Still using the paper, lift the roulade, seam-side down, onto a serving plate.

Remove the paper, top with extra berries and drizzle with some of the berry juices if you like and decorate with berries and mint.

Dust with icing sugar.

Photo: Amanda Conradie