

Miele

Meringue roulade with lemon curd and pistachios

By Miele

30 minutes, plus resting time

Preparation Time

28 minutes

Cooking Time

8 serves

Serves



INGREDIENTS

Lemon curd

4 egg yolks
3 eggs
250 g caster sugar
2 lemons, zested
250 ml lemon juice
220 g butter, melted

Meringue roulade

4 egg whites (120 g)
250 g caster sugar
1 tsp cornflour
1 tsp white vinegar

To serve

200 ml cream, whipped
150 g seasonal berries
½ cup pistachios, finely chopped

METHOD

Lemon curd

1. In a microwave safe bowl, whisk the yolks and eggs with the sugar until pale.
2. While whisking, add the lemon zest and juice gradually, followed by the butter.
3. Remove the wire rack and place the glass tray into the microwave on shelf position 1. Place the bowl onto the tray and select Microwave 300W + 9 minutes duration. Set the minute minder for 4 minutes.
4. Remove the bowl from the microwave and whisk the curd until smooth. Return to the microwave and continue cooking for the remaining 5 minutes.
5. Remove the curd and whisk until a smooth and even consistency. Cook for a further 2 minutes on Microwave 300W if required; the curd should be thick with some wobble.
6. Cover the top of the curd with cling wrap and refrigerate until cold and set.

Roulade

1. Preheat the oven on Fan Plus at 170°C.
2. Line a 33 cm x 23 cm Swiss roll tin with a large sheet of baking paper, making sure the paper covers the sides of the tin.
3. In the bowl of a freestanding mixer with a whisk attachment, whisk the egg whites on medium speed until stiff peaks form. Whisk in the sugar, one tablespoon at a time, beating well between each addition.
4. Mix the cornflour with the vinegar and whisk into the egg mixture.
5. Using a large spatula, spread the mixture evenly into the tin.
6. Place into the oven on shelf level 2 and bake for 10 minutes.
7. Reduce the oven temperature to 140°C and bake for a further 5-7 minutes, until the meringue feels firm to touch and is beginning to crack.
8. Remove from the oven and cool in the tin for 10 minutes, before covering with a second sheet of baking paper.
9. Place a large wire rack onto the baking paper and gently flip the roulade over so that the soft underside is facing upwards. Gently remove the baking paper and leave for 30 minutes, or until completely cool.

To serve

1. Using a spatula, spread 2/3 cup of lemon curd over the meringue. Spread a layer of whipped cream over the top of the curd.
2. With the long side facing you, use the baking paper to lift the meringue and gently roll into a log. Leave in the refrigerator for at least an hour to set before slicing.
3. Serve slices of roulade scattered with seasonal fruit and pistachios.

Additional appliance methods

Induction

The curd can be made on the induction cooktop without a double boiler using the following method:

- Place the mixture into a saucepan and heat on low heat, induction setting 2.
- Whisk occasionally for 20 minutes, or until the mixture thickens (75°C).

The making of the meringue can be made easier by dissolving the sugar into the egg whites directly on the induction cooktop.

- Place the mixture into a saucepan and heat on low heat, induction setting 2.
- Whisk occasionally for 10 minutes, or until the sugar dissolves.
- Place the sugar and egg white mixture into the bowl of a freestanding mixer with a whisk attached. Whisk the mixture until stiff peaks form and then whisk in the combined cornflour and vinegar mixture.

Speed oven

- The roulade can be cooked in the speed oven using the Swiss Roll Automatic Programme; Select the programme and allow time for the oven to preheat. Line the glass tray with baking paper and spread with the roulade mixture and follow the prompts on the screen.

Steam oven

- The lemon curd can also be cooked in the steam oven; follow steps 1 and 2. Cover with cling wrap and place into the steam oven and Steam at 75°C for 45 minutes. Follow steps 5 and 6.

Hints and tips

- The extra lemon curd can be stored in sterilised jars in the refrigerator for up to two weeks.