

# Fresh Mango & Mango Curd

## Sheet-Style Pavlova

**Gather  
& Feast**

By Ashley Alexander

This pavlova features beautiful seasonal mangoes, freshly sliced and piled generously on top, as well as folded into a silky-smooth mango curd spiked with a little lime. It's just so delicious. A curd is also the perfect way to use up those leftover egg yolks from making the meringue. It's a wonderfully summery dessert, ideal for the festive and Christmas season, and one that never fails to impress. The sheet-style format also makes it easy to assemble and serve - it's honestly one of the easiest desserts to make look impressive.

**SERVES** 8-10 | **PREP** 35-45 min | **COOK** 1 hr 30 min | **TOTAL** 2 hrs 15 min (+ cooling time overnight)

### INGREDIENTS

#### Meringue

- 6 egg whites (approx. 215-225g / 225ml total)
- 390g (1 3/4 cup plus 2 tablespoons) caster sugar
- 1 teaspoon vinegar (white wine or apple cider) or lemon juice

#### Mango Curd

- 2 mangoes, peeled, pip removed and sliced (about 400g fruit)
- Zest and juice of 1 lime
- 150g (3/4 cup) caster sugar
- 6 egg yolks
- 115g cold salted butter, cut into small cubes

#### Vanilla Mascarpone Cream

- 500ml thickened cream
- 1 tablespoon vanilla bean paste
- 2 tablespoons caster sugar
- 250g mascarpone

#### Toppings

- 2-3 mangoes, peeled, pip removed and thinly sliced
- Zest of 1 lime (optional)

### METHOD

#### Meringue

1. Preheat the oven to 150°C/300°F (fan-forced).
2. In a large clean bowl, whip the egg whites on medium speed using a stand mixer or hand beaters until soft peaks form (2-3 minutes).
3. With the mixer running, gradually add the sugar, 1 tablespoon at a time, pausing 20-30 seconds between additions.

4. Once all the sugar is incorporated, continue whipping on medium speed for 6 minutes.
5. Add the vinegar or lemon juice and beat for a further 3-4 minutes.
6. The meringue should be thick, glossy, and smooth - rub a little between your fingers, if it feels gritty, keep whipping until the sugar is fully dissolved.
7. Line a large baking tray with baking paper.
8. Scoop the meringue into a large mound in the centre and gently shape into a large rectangle about 7-8cm (3 inches) high.
9. Place the tray in the oven and immediately reduce the temperature to 110°C/230°F (fan-forced).
10. Bake for 1.5 hours.
11. Turn the oven off and leave the meringue inside with the door closed until completely cool, 5-6 hours minimum or overnight for best results.
12. Once cool, remove from the oven or simply leave it stored inside until ready to use.

### **Mango Curd**

1. While the pavlova is baking (or up to 3 days ahead), make the curd.
2. Blend the mango, lime zest, lime juice, and sugar until smooth.
3. Pour into a small pot, add the egg yolks, and whisk to combine.
4. Cook over low-medium heat, stirring continuously with a heatproof spatula for 4-5 minutes.
5. Add the butter and stir until melted and fully incorporated.
6. Set aside to cool, then transfer to an airtight container and refrigerate until needed.
7. The curd keeps for up to 3 days.

### **Vanilla Mascarpone Cream**

1. Prepare just before serving or up to a couple of hours in advance.
2. Whip the cream, sugar, and vanilla on low-medium speed using hand beaters or by hand using a whisk until stiff peaks form - avoid over-mixing so the cream stays smooth.
3. Fold in the mascarpone. If the mixture becomes runny, gently whisk again until it reaches soft-to-stiff peaks.
4. Mascarpone thickens very quickly, so stop whisking as soon as the mixture forms billowy, cloud-like peaks.
5. Refrigerate until ready to assemble.

### **To Assemble**

1. Carefully transfer the cooled meringue to a large serving board or platter.
2. Top with the vanilla mascarpone cream, dollops of cold mango curd, mango slices, and a little extra lime zest.
3. Serve immediately.
4. Leftovers will keep in the fridge for up to 3 days.

## **NOTES**

**Cooling is essential:** Removing the meringue early can cause cracks and collapse. Overnight cool-down is ideal.

**Mango curd thickness:** The curd thickens as it cools. If it seems loose when warm, don't worry, it will set in the fridge.

**Make ahead:**

- Meringue: 1 day ahead
- Mango curd: Up to 3 days
- Cream: Up to 2 hours

**Serving tip:** Pavlova is best assembled right before serving to maintain crisp edges and creamy interiors.



**Find the recipe and watch the video online:**

*<https://www.gatherandfeast.com/fresh-mango-mango-curd-sheet-style-pavlova>*

Let me know if you make the recipe! x @gatherandfeast