

Blueberry Lemon Curd Parfait



Makes:

5 servings

Utensil:

3 Qt./2.8 L Sauce Pan with Cover

medium mixing bowl

Oval Baking Dish

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Contributed By:

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Former Executive Chef in various 4 star restaurants

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1³?⁴

cups

white sugar

(350

g)

1

cup

fresh lemon juice

(240

mL)

9

egg yolks

3

eggs

1

pint

fresh blueberries

(300

g)
1
tablespoon
agave nectar
(21
g)

Directions:

1. Add sugar and lemon juice to sauce pan and cook over medium-low heat. Periodically scrape the sides of the pan to prevent the sugar from crystallizing.
2. Mix together egg yolks and whole eggs in a separate bowl. Add beaten eggs to sauce pan in a slow steady stream while stirring. Cook over medium-low heat, stirring constantly, until mixture gets quite thick and lumpy.
3. Remove from heat and pour lemon curd into the oval baking dish and cover with foil. Transfer to the refrigerator and let cool for 3 - 4 hours.
4. While lemon curd is chilling, place blueberries and agave in a medium mixing bowl. Lightly mash the blueberries and agave with a salad fork. Reserve in the refrigerator.
5. To serve, layer lemon curd and blueberry mixture in individual dishes; 4 ounces lemon curd and 4 ounces blueberry mixture per person.

Tips:

- This dessert is best served cold.
- If blueberries are not too tart and sweeter than normal, no sweetener is needed for the mashed blueberries.
- Some stoves cook hotter than others and the setting may require adjusting slightly to prevent sticking.

Nutritional Information per Serving

Calories:

450

Total Fat:

11g

Saturated Fat:

4g

Cholesterol:

496mg

Sodium:

57mg

Total Carbs:

80g

Dietary Fiber:

1g

Sugar:

75g

Protein:

9g