

Lemon Curd Bombe Alaska



Preparation time:	45 mins
Serves:	8 people
User Rating:	★★★★☆

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A rich ice cream interior. A fluffy meringue shell. A dramatic flambéed finish. Each bite is filled with multiple textures and flavours. Cool off with this purely indulgent Lemon Curd Bombe Alaska.



Ingredients

Lemon Curd

- 4 egg yolks (reserve remaining egg whites for meringue)
- ½ cup (110g) caster sugar
- 2 tsp finely grated lemon zest
- ½ cup (125ml) lemon juice (approx. 2 lemons)
- 125g chilled butter, diced

- 2 litres vanilla ice cream
- 125g punnet raspberries, extra raspberries to serve
- 1 unfilled pre-made vanilla sponge cake
- 1 cup caster sugar
- 4 egg whites (reserved from curd recipe)

Lemon Curd

1. Combine egg yolks, sugar, lemon zest and juice in a large heatproof microwave-safe bowl. Whisk until combined.
2. Add the diced butter and place onto the microwave turntable. Follow manufacturer's instructions to reduce microwave power to 50%.
3. Cook uncovered for 7-10 minutes, stirring every minute until mixture is thick enough to coat the back of a wooden spoon.
4. Cover the curd surface with plastic wrap to prevent it from forming a skin. Let cool to room temperature, then refrigerate overnight until cold.

1. Line an 8-cup capacity pudding tin with two layers of offset plastic wrap making sure it hangs well over the edges.
2. Scoop ice cream into a large bowl. Allow to soften for 5 minutes. Use a hand-held electric mixer to beat ice cream until smooth but not melted. Place a large spoonful of the ice cream into the base of tin. Place a heaped spoonful of curd on top and another spoonful of ice cream and spread into the edges with spoon.
3. Pour the remaining lemon curd on top of the remaining ice cream in the bowl. Then scoop spoonfuls of curd and ice cream mixture into the tin until half full, using the back of a spoon to smooth the surface as you go.
4. Sprinkle with half of the raspberries. Top with remaining ice cream and curd the same way and smooth surface. Sprinkle with remaining raspberries.
5. Place 1 single unfilled sponge on top and press down onto ice cream. Cover with plastic wrap or lid and place in the freezer overnight.
6. Allow reserved egg whites to come to room temperature. Combine egg whites and sugar in a large heatproof bowl. Rest over a large saucepan of gently simmering water. Use a hand-held mixer to beat for 5 minutes or until soft white peaks form.
7. Remove bowl from the heat and continue to beat for a further 5 minutes or until thick peaks form. Allow to cool to room temperature.
8. Pull ice cream out of pudding tin and invert onto serving plate. Remove plastic wrap. Use a metal spatula to swirl the cooled meringue all over. Use a kitchen blow torch to scorch the meringue. Freeze overnight, uncovered. Cut into wedges to serve.

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
280g	2870 kj 686 kcal	10.8g	32.4g	19.9g	86.1g	76g	306mg	1.3g
Vitamin D								
2.2µg								

All nutrition values are per serve.