



Desserts

Meringue-Capped Kiwi Custard

1/3 cup plus $\frac{3}{4}$ cup sugar, divided
1 tbsp. cornstarch
1 cup skim or low-fat milk
3 Davidson's Safest Choice™ Pasteurized Shell Eggs slightly beaten
 $\frac{1}{4}$ tsp. Vanilla
1 tbsp. water
 $\frac{1}{4}$ tsp. Cream of tartar
6 kiwi fruit, peeled and sliced

In medium saucepan, stir together 1/3 cup of the sugar and cornstarch. Stir in milk. Cook over medium heat, stirring constantly, until mixture thickens and boils. Add egg yolks, one at a time, beating well after each addition. Reduce heat to low and simmer 1 minute. Remove from heat and stir in vanilla. Cover and refrigerate until thoroughly chilled.

In a large mixing bowl, combine egg whites with $\frac{3}{4}$ cup of the remaining sugar, water and cream of tartar.
Beat on high speed until whites stand in soft peaks.

To serve, line each of 6 (6 – 8 ounce) dessert dishes with $\frac{1}{2}$ cup kiwi slices. Spoon in $\frac{1}{4}$ cup custard and dollop with $\frac{1}{2}$ cup meringue.

Yield: 6 servings

