

# Home Working Care Package



CRS  
The Recruitment Solution

Welcome to another Home Working Care Package from CRS. This week we're offering up a mix of ingredients to help expand your mind and make the most of your precious time...

## When life hands you lemons



### Make our Lemon Pavlova

#### Ingredients

- 6 egg whites
- 375g/13oz caster sugar
- 2½ tsp cornflour
- 2 unwaxed lemons
- 300ml/10½fl oz double cream
- 325g/11½oz jar lemon curd
- 50g/1¾oz flaked almonds, toasted

#### Method

- Preheat the oven to 180C/160C Fan/Gas 4. Line a baking tray with baking parchment.
- Beat the egg whites using an electric mixer until satiny peaks form, then beat in the sugar a spoonful at a time until the meringue is stiff and shiny.
- Sprinkle the cornflour over the meringue, then grate in the zest of 1 lemon and add 2 teaspoons of lemon juice.
- Gently fold until everything is thoroughly mixed in. Mound onto the lined baking tray in a fat circle approximately 23cm/9in in diameter, smoothing the sides and the top with a knife or spatula. Place in the

oven and immediately reduce the temperature to 150C/130C Fan/Gas 2, and cook for 1 hour.

- Remove from the oven and leave to cool, but don't leave it anywhere cold as this will make it crack too quickly. Alternatively, leave the pavlova inside the oven with the door completely open. When you're ready to eat, turn the pavlova onto a large flat plate or board with the underside uppermost
- Whip the cream until thick and airy and set it aside for a moment.
- Put the lemon curd into a bowl and beat it with a wooden spoon or spatula to loosen it a little then add some lemon zest and a spritz of juice if it's too sweet.
- Finally, spread the lemon curd on top of the meringue base then top with the whipped cream, peaking it rather as if it were a meringue topping. Sprinkle with the remaining lemon zest and flaked almonds then serve.



## Let's Meditate



**It can be hard to fit mindfulness into a day already filled with work, home schooling and all of the other things we're juggling.**

Let's Meditate is free to download and has a selection of tracks ranging from 5 minutes for a quick recharge to 40 minutes for a longer dose of self-care. There's a track for every topic ranging from anxiety to healing to sleep so something for every need!

## Be Smart



The Smart People Podcast  
[www.smartpeoplepodcast.com/episodes](http://www.smartpeoplepodcast.com/episodes)

This podcast provides an interesting insight into a variety of subjects, through interviews with a host of 'smart people'. Learn from experts in all sorts of industries, from CEOs to athletes to philosophers, who offer up advice and tips based on their respective experiences. If you love reading non-fiction or self-help books, this podcast provides an audio version of similar topics.



## Drink It In



Try to solve our clues with friends or family on Zoom, Houseparty or Facetime and identify our mystery drinks! Check the CRS LinkedIn page to find the answers.

1. They had a top 10 hit in the 70's
2. A golfer could use this
3. Any one of these will suffice in bad weather
4. Demon ale drunk
5. It's handy to have inside on a hot day
6. Was he an English aristocrat, perhaps?
7. Aids recovery
8. Rises to the top of milk in the emerald isle
9. Resentful sour coward
10. Beat it up... and why?

