



Canadian Federation of University Women – Ottawa

Capital Carillon

January Speaker

Our January speaker, Dr. Cynthia Wesley-Esquiaux, serves as the first Indigenous Chair for Truth and Reconciliation in Canada for Lakehead University, where she continues to develop pathways forward to reconciliation across Canada. Her talk is entitled Restoring Physical, Emotional and Spiritual Health to Indigenous Communities.



Cynthia was inducted as an Honourary Witness by the Truth and Reconciliation Commission of Canada in 2014 and chairs the Governing Circle for the National Centre for Truth and Reconciliation at the University of Manitoba. She was the inaugural Nexen Chair in Indigenous Leadership at the Banff Centre, sits on several diverse boards in Ontario, and is a dedicated social justice advocate.

She is a member and resident of the Chippewa of Georgina Island First Nation in Ontario and has dedicated her life to building bridges of understanding between peoples. She is deeply committed to public education and sees endless merit in bringing people from diverse cultures, ages, and backgrounds together to engage in practical dialogue and applied research initiatives.

Christine Rollo

PRESIDENT'S MESSAGE

CATHERINE SMITH

When I look back on the holidays of years past, I note that when I was a child, I was definitely focused on opening *my* stocking and *my* gifts – oh, that year I got Little Kiddles under the tree from Santa is still so fresh in my mind (there's me by the tree)! However, as I have now lived many more years (I am not going to say just how many more...), what I have come to appreciate is that it is not the gifts that I receive that are central to my joy of the season but what I give to others.

Eleanor Roosevelt once observed that "since you get more joy out of giving joy to others, you should put a great deal of thought into the happiness that you are able to give." So, what happiness will you give this holiday season?

It is my hope that some of it will touch the lives of women and girls, those here in Ottawa or perhaps those a world away, who need our help. This absolutely need not involve giving money; your time and talents are equally (indeed, often more) meaningful gifts. Maybe you will volunteer at a shelter or food bank, or mentor a young student. Maybe you can donate to our Scholarship Trust



Fund and help a woman pursue her dreams of higher education. *Giving Tuesday* is just around the corner on November 28 and your dollars may well go further due to matching grants. Maybe you will provide snowsuits to a newcomer family or fill a

(see **President's Message** on next page)

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President's Message – continued

gift bag with goodies for the Elizabeth Fry Society to bring a small measure of joy to a woman whose holiday may not be anywhere near as merry as yours. Maybe you will help raise funds through your volunteer work to purchase a laptop for a young woman in Afghanistan who can no longer attend classes in person... The list is endless.

I promise that you will indeed find joy on many levels when you choose to give. Some of the benefits

to you, the giver, are obvious, but others may surprise you. Studies of the brain have shown that when we give, the pleasure centre of the brain (the nucleus accumbens) is activated so it literally “feels good.” There is even something referred to by researchers as the “helper’s high” as your body releases feel-good hormones (such as oxytocin and serotonin) during the act of giving. Add to this that giving, helping, and volunteering have been

demonstrated to lower your blood pressure and might even make you live longer – it’s clearly a win-win situation!

I thus want to encourage each one of you to stop during the hustle and bustle of this “most wonderful time of the year” and take a moment to pause and really think about what gifts you have to give and where you can make a difference and bring joy to the lives of others this holiday season.

Giving Tuesday Now Begins November 24, 2023

Giving Tuesday is a day that encourages people to come together and donate to charities and causes that are important to them. It allows nonprofit organizations the chance to raise even more money than they normally would. Algonquin College has extended the time period during which funds will be matched up to \$20,000. You can now give on November 24, beginning one minute after midnight. We would like to take advantage of this generous opportunity once again and ask that you consider giving on Friday the 24th, to ensure your gift is matched rather than waiting for Tuesday, November 28.

Last year, our University Women Helping Afghan Women (UWHAW) group established a UWHAW Legacy Bursary of \$25,000 with Algonquin College, which creates a prize of \$1,000 annually. Our goal is to raise additional funds so that ultimately this becomes an endowed bursary of \$50,000, which will award \$2,000 annually, similar to all other CFUW-Ottawa scholarship and bursary prizes. We would appreciate your support

Currently our bursary reads....

University Women Helping Afghan Women Legacy Bursary

The \$1,000 University Women Helping Afghan Women Legacy Bursary is awarded annually to a second-, third- or fourth-year female Afghan student enrolled in any diploma or degree program who demonstrates financial need and is in good academic standing. Preference is given to a convention refugee from Afghanistan. The bursary may also be distributed to a protected person or a permanent resident or Canadian citizen who was a refugee/protected person from Afghanistan.



“Women’s photojournalism course in Farah City, Afghanistan” by HMC Josh Ives, U.S. Navy/release is licensed under CC BY 2.0.

Support female Afghan students by donating, using the link below.

<https://www.algonquincollege.com/advancement/university-women-helping-afghan-women-legacy-bursary/>

for a female refugee from Afghanistan.

Together we can give a young Afghan woman refugee a better hope for the future. Let’s change the \$1,000 to \$2,000. Every donation, big or small, helps to achieve that goal. Although Giving Tuesday is November 28, you don’t need to wait

until November 28 to give. \$20,000 is available to match every dollar you give from November 24 to November 28 on a first-come, first-served basis. Your early donations will encourage others to give as they see us moving toward our goal.

Lizz Wilfert, Lorna Bickerton

In and Around Ottawa – Remic Rapids

More photos from the talented photographers in the Hocus Phocus group. These beautiful photos feature the sculptures of John Ceprano.



Photo courtesy of Liz Kwasniewski



Photo courtesy of Ielca Torok

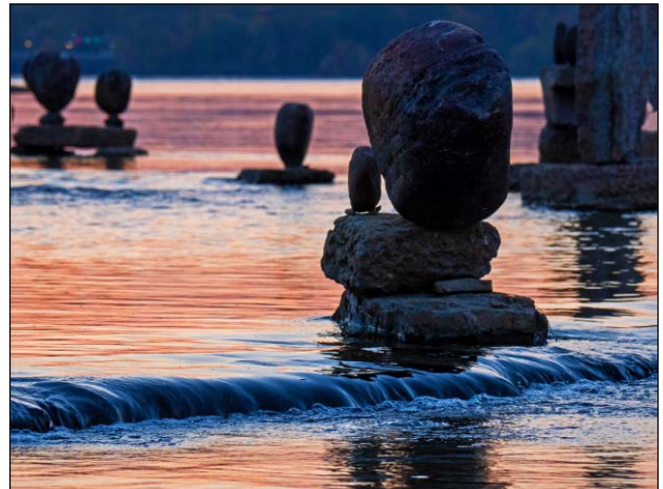


Photo courtesy of Caroline Somers



Betty MacGregor has kindly passed on a link to an article by Lucy Waverman for a Christmas meal that can be prepared (mostly) ahead in stages.

<https://www.theglobeandmail.com/life/holiday-guide/holiday-recipes/christmas-dinner-that-you-can-make-ahead-of-time/article33309297/>

Thanks, Betty!

The **Capital Carillon** is published monthly from October to May, except for January.

Suggestions and comments are always welcome.

Please send all material for the next issue to Moira Phillips, newsletter@cfuw-ottawa.org.

Next issue: February 2024; deadline for submissions: January 15

Previous issues are archived on the Club website at www.cfuw-ottawa.org.

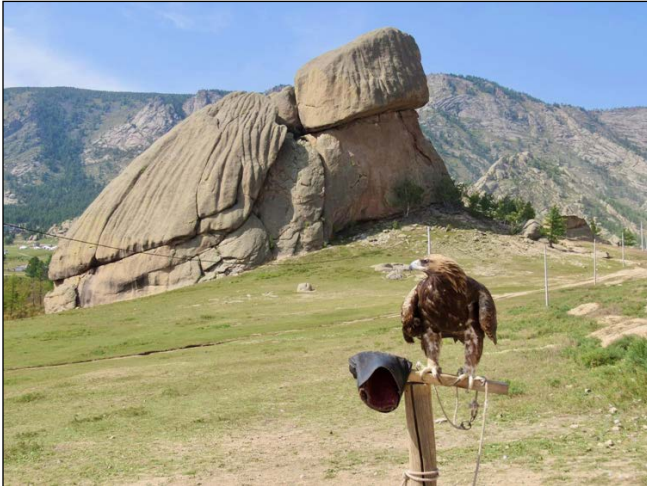
Traveller's Corner

Where Have You Been, Lizz Wilfert?

Bryon and I visited Mongolia in September. It holds the record of having not only the coldest capital in the world but being the most sparsely populated landlocked country in the world. The vast country stretches

from the snow-clad Altai Mountains to the Gobi Desert. Food and accommodation are inexpensive by our standards, and Wi-Fi can be found almost everywhere, including public parks. I highly recommend visiting

this country, late spring or early fall. Give yourself plenty of time to enjoy its many museums and unique landscapes. English is now the second official language, but it is still best to have an English-speaking guide.



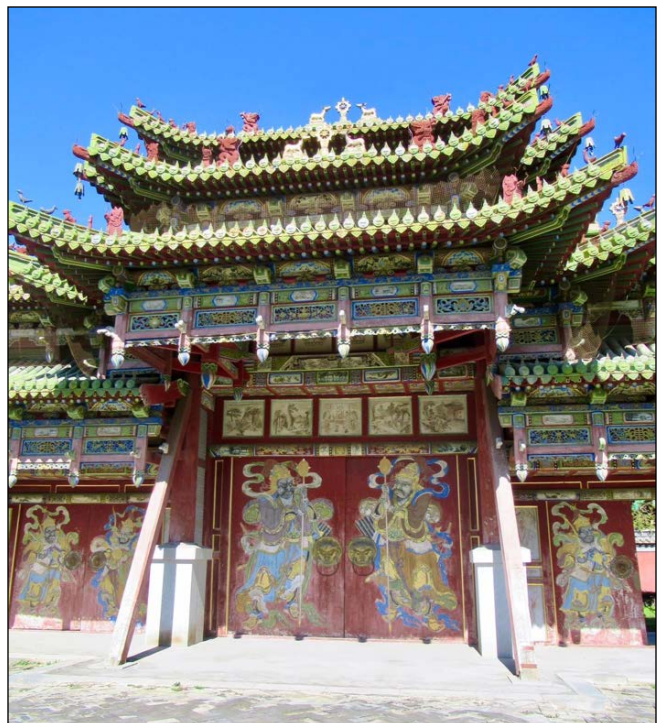
Gorkhi-Terelj National Park. Gigantic rock carved into a turtle by only wind and rain



Genghis Khan Equestrian Statue, 40 metres (130 ft) high, stainless steel



Typical ger/yurt still in use for housing in the rural areas



Gates at the winter palace

Dining Out

Are we having fun now? On Wednesday, November 8, the Dining Out group went out to Working Title Kitchen. The venue is an interesting one, a repurposed, decommissioned church on the corner of Laurier Avenue E. and Chapel St. We found the food good, the portions plentiful, and the prices reasonable.

The purpose of the group is to try new restaurants and enjoy fine, at

times exotic, food. The group provides opportunities to meet new people, have lively conversations, share stories, laughter, and friendship. The convener of the group is Pamela Mackenzie, and she makes sure that everyone feels welcome and included.

The Dining Out group meets the

second Wednesday of each month, usually at 6:30 pm.

Heather Lewis



Newcomer Welcome – Alex Remillard

I first met Moira Phillips in September when we were both volunteering for a local event. Her enthusiasm for CFUW and its activities motivated me to join. After the isolation of the pandemic I was more than ready to meet new people. I have since joined the Wine and Spirits group as well as the Crime Fiction Book Club.

Born in Scotland, I lived in the Middle East, Africa and Europe before my family emigrated to Canada in 1967 – Montreal to be

exact – Expo '67 – what a welcome to Canada!

I attended Sir George Williams business school (now Concordia). I then worked as a legal assistant before returning to school in 1981 – College Lasalle – to study fashion design.

Following a move to Ottawa in 1985 I worked for CIBC in public relations until retiring in 2006.

I'm married with one son, who lives in Toronto. My days are now filled with sewing, cooking, reading,



and enjoying the great outdoors at our cottage in the Gatineau hills.

Thank you all for the warm welcome!

Movie Review

After being shown at TIFF this year, the film *Swan Song* was shown at the Bytowne Theatre, and it seemed that members of the CFUW movie group filled every seat. Chelsea McMullan's intimate documentary took us inside the National Ballet of Canada's 2022



production of *Swan Lake*, choreographed for the first time by the company's artistic director Karen Kain, who famously debuted in the ballet in 1971.

I didn't recognize the woman with the blunt cut grey hair, at first, but this is Karen Kain, the Artistic Director of the National Ballet, and we see her as she is now, a mature woman, giving all her energy to re-create a ballet of *Swan Lake* to be relevant in 2022. The story that the film tells is the personal story of the dancers and their struggles, the choreographer's commitment to pull everything together, and Karen's dream, frustrations, and worries.

The film darts in and out of its subjects' intimate lives, homes, and the behind-the-scenes rehearsal spaces to capture the company as an organic entity — performers, choreographers, and technicians pushing through physical and emotional obstacles to re-make a revered work in their own image. Principal dancer Jurgita Dronina provides considerable insight into the physical pain that must be overcome in order to dance and the emotional struggles to reach peak performance

and find balance in your personal life. Several other CFUW movie goers that I spoke to afterwards were as impressed by the honesty of the film as I was.

Having heard the same week the CBC interview with Cassa Pancho, creator of the Black Ballet in Britain in 2001, I was

aware that Black and Asian dancers had not been welcomed in classical ballet companies. In *Swan Song*, Karen Kain pushed in her confident, gentle voice for the dancers to abandon the pink tights of the swan costume. She said the diversity of dancers and of their skin colours onstage was beautiful! The wisdom of the older generation of women, the role of leadership in their chosen field, and the encouragement given to the younger generation by such role models is an important message to all women's groups.

CBC will show the film in November, and the CFUW Movie Group encourages everyone to watch it.

Leslie Baird

Tripping the Life Creative

On November 6, The Speaker's Series group was delighted to have Adrian Cho speak to us on Creativity. The technology for the talk was set up perfectly, and he tripped us through his recipe for living a flourishing life and for thriving in Chaos. Truly a self-made man with no formal credentials, Adrian, as a professional photographer, a jazz bassist, Artistic Director of the Ottawa Jazz Orchestra, and a consultant to tech management, spoke to us about living in potentialities too. Adrian's recipes include mastering Change, Complexity, and Confusion to move to Creativity. We all need to be creative in some way in our work and personal lives, says he, and we can do so through how we explore problems, collaborate with others, and learn both divergent and convergent thinking. Self-awareness and our ability to realize our impact on others is another essential ingredient. Adrian's encouragement is truly one of lifelong learning and having curiosity and interest in the world to ultimately make a difference for the benefit of society.

Laura Goodine

MARK YOUR CALENDARS!



November 24-28 – Giving Tuesday. You can support female Afghan students by donating anytime beginning November 24 using the following link: <https://www.algonquincollege.com/advancement/university-women-helping-afghan-women-legacy-bursary>

December 4, CFUW-Ottawa Holiday Party, 11:00 am – 2:30 pm
The Royal Ottawa Golf Club, 1405 Aylmer Road, Gatineau

January 22, 2024, monthly meeting - via Zoom – Dr. Cynthia Wesley-Esquimaux will speak on Restoring Physical, Emotional and Spiritual Health to Indigenous Communities.

Crime Fiction Book Club

The Crime Fiction Book Club is focusing on local authors this year. There are no official statistics, but there does seem to be a large proportion of crime fiction/mystery writers in the Ottawa region. As one of these local authors asks, “is it something in the water?” This abundance of local mystery authors has benefited our club as it has allowed us to invite three of this year’s nine authors to attend our in-person events held at the Alta Vista Library.

In October we were fortunate to have Mary Jane Maffini join us to discuss her most recent Camilla McPhee book, *You Light Up My Death* (a cozy mystery based in Cape Breton). This is number seven in this series. In this book Camilla (an Ottawa Lawyer) and her fiancé, Ray (an Ottawa police sergeant), have decided to escape Ottawa family and friends to elope after attending the Celtic Colours

Music Festival. Mary Jane infuses her whodunnit books with humour and interesting characters, and she has a soft spot for canine critters.

Mary Jane is an author of three and a half mystery series. In addition to the Camilla McPhee series, she has written six books in the Charlotte Adams (a professional organizer based in upstate New York) series, and two books featuring Fiona Silk, an unsuccessful romance writer based in Quebec. Her third series, which she co-wrote with her daughter Victoria under the pen name Victoria Abbott, focuses on the collection of rare books.

Mary Jane has won numerous awards and is a past president of the Crime Writers of Canada. She was a delightful presenter and discussed her approach to writing, the challenging world of publishing, and what inspires her. She also graciously signed her



Jane McCann, Mary Hunt, and author Mary Jane Maffini

books for the group.

We look forward to having Brenda Champman present her book *Cold Mourning* (the first in the Stonechild and Rouleau series) on Jan 17. Barbara Fradkin will discuss her latest Inspector Green installment, *The Devil to Pay*, on May 15.

Janet Sharpe, co-convenor



Come and Sing with the MadriGals in January

We invite you to join the CFUW choir – the MadriGals. We sing every Wednesday morning at St. Timothy’s Church, 2400 Alta Vista drive, 9:30 am – 11:00 am. Our Director, Emily Worden-Kwok, will be leading us with a new repertoire in January – a mix of show tunes, songs of inspiration, pop tunes, and folk songs. We are a three-part choir (soprano, second soprano, alto). You don’t need to read music, although some members of the choir do – we all joined the choir because we love to sing.

Come and try us out! For more information contact the co-convenors:

Kringen Henein, kringen.henein@icloud.com

Rosemary Carter, rbbc@bell.net



Women with Hammers

The Women with Hammers Group has been very active. In November Shirlee Engel, Designer (shirlee@shirleeinteriors.com), who is often on CTV *Morning Live*, presented ‘How to Create a Cohesive Home,’ which is part of the available WwH Videos.

In addition, approximately 20 of our members attended two tours of the Habitat for Humanity’s ReStore with Karen Vejptava, the Manager, who discussed the available lighting, flooring, kitchen and bathroom products, equipment, paint, and parts while also presenting design ideas for our homes. One tour was further enhanced by Sue Pitchforth, Designer, (Sue@decorthrapyplus.com) offering the members who attended all kinds of design, refinishing, and repurposing ideas plus hints. Sue was also the October WwH monthly speaker, focusing on all kinds of design tricks and ideas that are easy to implement.

In a Hands On Electrical Workshop eight of our members learned how to change electrical switches, plugs, and light fixtures. Cindy Cashman, Electrician and Instructor, taught the course at the Electrical and Plumbing Store on Ogilvie Road. This was the second workshop; Cindy will be teaching a third one for WwH members on January 19, 2024.

There will be additional workshops in January and February. First, two “Hands On Learning: How to Use Tools Workshops” are scheduled, one at the Ottawa Tool Library and the other at KJP Select Hardwoods. At each workshop WwH members



Hands-on electrical workshop



Tour of ReStore

will build a bread/charcuterie cutting board. Second, “How to Repair Drywall Workshops” will be scheduled where members will learn how to repair holes, dents, and other damage in drywall.

To participate in these events and others in 2024 you are welcome to join the WwH Group. Contact: Eugenie Prevost, Convenor womenwithhammers@cfuw-ottawa.org

Eugenie Prevost



Environmental Action Group

Christmas is a wonderful time of the year, and a time for giving. Many of us, however, feel overwhelmed with the excess of the season. Fortunately, there are ways that you can give and be good to the environment as well.

Give a gift to the planet

When you prepare your Christmas list this year, think of giving a gift to the planet. Small donations to non-profits working towards a healthier environment CAN make difference.

Commit to one small eco-friendly change for the coming year

We hear so much about the severity of environmental issues that it is natural to see them as unsolvable or overwhelming. It is easy to give up. Small environmental actions made by many people do add up.

Choose sustainable gifts

Choosing sustainably includes gifting experiences instead of things. As one who has received unique food gifts, theatre tickets, and restaurant vouchers, I can attest to the warm memories these gifts gave me. And gently used toys, clothes, and books are just as appreciated as new. Another eco-friendly Christmas gift idea is choosing something special from a sustainable brand.

Start with a more sustainable Christmas

You only need to look at the trash to verify the research that North Americans throw out more garbage at Christmas than at any other time of year. Some eco-friendly ideas are to wrap your presents sustainably, choose a large house plant as your tree, or use LED lights on the tree and outdoors.

Lynn Davies

Amplify Afghan Women's Voices: Updates, Partnerships, Hope

We stand with Afghan women to amplify their voices and help to restore their rights and dignity by encouraging individuals, groups, and governments to take action.

Representatives of University Women Helping Afghan Women (UWHAW) took part in a panel discussion at the CW4WAfghan's annual Symposium in Montreal in October, considering a range of opportunities to meet the educational needs of Afghan women under gender apartheid.

A week later, at the Women Graduates-USA AGM in Chicago, Hally Siddons updated her audience on the situation for these women and girls. Having learned how UWHAW developed and about our continuing efforts, WG-USA is interested in launching a pilot project of its own.

At its November meeting CFUW-Kanata focused on UWHAW's work. At this event an Afghan woman shared her own powerful story. At CFUW-Ottawa's own November meeting Hally once more summarized UWHAW's current endeavours.

A highlight was welcoming Dr. Sima Samar to Ottawa; she has been our UWHAW mentor since 2010. As former Chair of the Afghanistan Independent Human Rights Commission and founder of Gawharshad University, home of our scholarship recipients in Kabul, she emphasized that to recognize the Taliban regime would be to legitimize gender apartheid. Education has its own value, because an educated woman, even without official qualifications, will educate her family, including

her sons. Gawharshad still enrolls male students and offers online courses for women. Our partnership with CW4WAfghan's RCA program means 12 former Gawharshad girls have computer equipment. Funding for salaries and infrastructure remains problematic.

The denial of the principle of human rights – a lack of access to education and health services – is the main

issue for Afghan women now. Some training for midwifery is allowed, but a diminished access to contraception results in more births than ever. Sadly, the response from the international community lacks co-ordination, which makes it less effective.

Dianne Rummery

Alison Hobbs

Carol Shuttleworth (Knechtel)

Carol, a longtime and proud member of CFUW-Ottawa, is celebrating a major milestone birthday on December 26. One hundred birthday cheers, Carol!

Carol grew up in Hanover, Ontario, graduating in 1946 from McMaster with an Honours BA. She has been a CFUW-Ottawa member since 1970. She regularly participated in groups such as Company of Lady Adventurers, Canadiana, Jaunters, National Gallery Group, and Tuesday lunching out. She served on the membership committee as convenor for one year and as a member for one year.

Until the pandemic she hardly missed a CFUW event – monthly general meetings, AGMs, season openers, musical lunches, holiday parties, and any special events. Carol enjoyed the activities and looked forward to the gatherings.

She has also been a member of



the seniors' club at Rideau Park Church and has been a member of PROBUS. She regularly attended theatre and concerts at the NAC from 1970 until 2020.

Carol continues to live in the home she moved into in 1966. An

avid gardener, Carol has a raspberry patch that provides a year's supply. She grows tomato seedlings from seeds and gets plenty of tomatoes. Her flower garden includes geraniums that she starts from cuttings every spring. She was driving until about three years ago. She is up to date with current events and news.

How does she do it all! "Do the best you can," she says. She gets a helping hand from her extended family. Her positivity and optimism are an inspiration to others. She possesses remarkable courage, grace, and calm.

HAPPY BIRTHDAY, Carol. Cheers.

Aleyamma (Aley) Samuel

STF Recognized

On Thursday November 16, CFUW-Ottawa was awarded the 2023 AFP Outstanding Philanthropic Group Award at the National Arts Centre. At a gala event attended by 300 people,

the members of the Scholarship Trust Fund and our President were featured and feted, along with seven other recipients of AFP awards. CFUW-Ottawa

was nominated by Carleton University, and our award was sponsored by the University of Ottawa.

Catherine Smith



All 2023 AFP Philanthropy Award recipients including Patricia Duffey, Chair of our Scholarship Trust Fund (fourth from left) and Catherine Smith, President, (centre) holding our AFP award. Photo courtesy of Caroline Phillips, Ottawa Business Journal



Patricia Duffey, Chair of the Scholarship Trust Fund speaking to the audience about the breadth and depth of our scholarship program at Carleton University, the University of Ottawa, and Algonquin College. Photo courtesy of Caroline Phillips, Ottawa Business Journal

Fingertip Facts about CFUW Advocacy and Liaison: Who Does What?

Through its connections, CFUW-Ottawa has a wide reach.

CFUW clubs are divided into six regions within Ontario, with nine clubs in our own region. Eastern Ontario is represented by Regional Director Anne Cordon. Key contacts in CFUW Ontario Council are VP Advocacy Sandra Shaw, and the Council's President Teresa Habs, who signs the letters lobbying for or against provincial legislation.

Our national body is concerned with federal legislation. CFUW's VP Advocacy, Heather Oxman, reports to the National Board and CFUW President, Joy Hurst, and convenes meetings of the National Standing Committee for Advocacy.

The committee and subcommittee structure at the national level is complex. At present, Alison Hobbs, VP Advocacy for our Ottawa club, also co-chairs the Environment and Climate Change subcommittee for CFUW National.

CFUW-Ottawa's Advocacy committee prepares letters in support of CFUW policies to be signed by Catherine Smith, our President. While only Catherine may speak on behalf of CFUW-Ottawa, all of our members are encouraged to write as individuals about the concerns they have; some template letters are available for guidance.

A National Advocacy and Policy Specialist, Kenzie Zimmer works at

the national office in consultation with Heather Oxman, Joy Hurst, and the National Board to advocate for approved policies and to help draft statements on current affairs or letters to national decision makers. This is a paid position. Kenzie reports to Jaime Beagan, CFUW's Executive Director.

It is worth remembering that through Graduate Women International (GWI) – whose current Executive Director is Stacy Dry Lara – we may also influence and support United Nations Resolutions.

Please ask advocacy@cfuw-ottawa.org for any more information you may need.

Alison Hobbs

Diplomatic Hospitality Group

The Diplomatic Hospitality Group had a fun and active fall season! Our interest groups have begun their meetings, both in person and virtually, and our outings continue to be popular and well attended.

On October 20, the weather cooperated to give DHG members a perfect sunny afternoon for our Autumn Adventure at Proulx Farm in Cumberland. Our visit began with a wagon ride around the expansive property, which was decorated with several hay-bale structures and Halloween decorations galore! Afterwards, we enjoyed feeding and petting the farm animals. Our afternoon of fresh air ended with a walk through the pumpkin patch to collect a souvenir pumpkin to bring home.

I was pleased to be invited to participate in the Day for Diplomats at

Carleton University on November 7. Hosted by The Parliamentary Centre and EngageParlDiplo, this is an annual event for newly arrived diplomats and included sessions on Canada's governance and parliamentary system, business, and media. DHG was asked to participate in the Resource Fair along with other organizations that provide services to diplomats and their families in the areas of education, hospitality, networking, entertainment, and recreation. DHG executive committee members Sheila Gervais, Rosie MacLean, and I enjoyed meeting and welcoming diplomats and spouses who each said how happy they were to be posted to Canada!

We are very much looking forward to kicking off the holiday season with our Annual Christmas Holiday Luncheon on Friday, December 1.

This year's event will be our largest crowd ever!

Lisa Haley



Silviya with pumpkins



Group on a wagon



Executive at Carleton University



Lemon Meringue Ice Cream Pie in Toasted Pecan Crust

Thanks to Marie Riopelle for sharing this family-favourite recipe. She makes it at Christmas and throughout the year because it's delicious and can be made ahead.

Makes 8 Servings



Ingredients

Lemon Curd

- 2 large eggs
- 2 large egg yolks
- 6 tablespoons (¾ stick) unsalted butter
- 1 cup sugar
- 6 tablespoons fresh lemon juice
- 2 teaspoons finely grated lemon peel
- Pinch of salt

Crust

- 1½ cups finely chopped pecans
- ¼ cup sugar
- ¼ cup (½ stick) butter, melted
- 3 cups vanilla ice cream, slightly softened, divided

Meringue

- 4 large egg whites, room temperature
- Pinch of cream of tartar
- 6 tablespoons sugar

Preparation

Lemon Curd

Step 1: Whisk eggs and egg yolks in medium bowl. Melt butter in medium metal bowl set over large saucepan of simmering water. Whisk in sugar, lemon juice, lemon peel, and salt; gradually whisk in egg mixture. Whisk until thick and thermometer inserted into curd registers 178°F to 180°F, about 8 minutes. Transfer to small bowl. Press plastic wrap on top of curd; chill 4 hours. DO AHEAD: Can be made 2 days ahead. Keep chilled.

Crust

Step 2: Preheat oven to 400°F. Mix pecans, sugar, and butter in medium bowl until moistened. Press pecan mixture onto bottom and up sides of 9-inch-diameter glass pie dish (mixture will be crumbly). Bake until crust is lightly toasted, about 12 minutes (crust will slip down sides of dish). Use back of spoon to press crust back into place. Cool crust on rack. Freeze crust 30 minutes.

Step 3: Dollop 1 1/2 cups ice cream over crust; spread into even layer. Spread lemon curd over ice cream; freeze until firm, about 2 hours. Dollop 1 1/2 cups softened ice cream over lemon curd; spread into even layer. Cover and freeze until firm, about 2 hours.

Meringue

Step 4: Using electric mixer, beat egg whites in medium bowl until frothy. Beat in cream of tartar. With mixer running, gradually add sugar. Beat until stiff peaks form. Spoon meringue over pie, spreading to seal at edges and swirling decoratively. DO AHEAD: Can be made 1 day ahead. Freeze pie. Using kitchen butane torch, toast meringue until golden in spots or place pie in a preheated 500°F oven until meringue is golden in spots, watching to prevent burning, about 3 minutes. Cut pie into wedges; serve immediately.

Bon Appetit/Epicurious

August 16, 2009