



Lemon Meringue Tart

INGREDIENTS

Sweet pastry

- 125g butter (cold)
- 125g caster sugar
- 2g salt
- 1 large egg (55g)
- 250g plain flour

Lemon Curd

- 100g lemon juice
- 1 lemon zest
- 100g sugar
- 120g egg
- 80g egg yolk
- 100g butter

Italian Meringue

- 150g sugar
- 40g water
- 75g egg whites



Serves: 8



Prep Time: 1 hr



Cooking Time: 30-40 min

METHOD

To make the Pastry (For 12 small rings or 1 x 24cm ring)

1. Preheat the oven to 160°C.
2. In a large bowl, using the rub-in-method, rub in butter, sugar and flour together. Add the eggs and mix until the dough comes together.
3. Wrap in plastic wrap and chill in the fridge for at least 1-2 hours (it can be made in advance and kept in the fridge).
4. Roll out to 2 mm thick and chill in the fridge for 20-30 minutes.
5. Place in the tart mould and blind bake at 160°C for 12-15 minutes with stones inside until golden brown.
6. Turn the oven temperature down to 140°C.

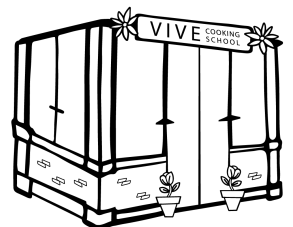
To make the Lemon curd

7. Place in a small pan over very low heat, stirring constantly with a spatula, the lemon juice and zest, sugar, butter until melted. Do not let it become hot.
8. Add eggs, egg yolks until the mixture starts to be slightly thicker and take off from the heat as quickly as possible. Sieve the mixture and pour into the baked tart shell.
9. Return to the oven and bake for about 10-15 minutes until cooked.
10. Refrigerate to let it set.



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To make the Italian meringue

11. In a saucepan, combine the sugar and water until syrup reaches 116 – 120°C.
12. Meanwhile, using a stand mixer, whisk the egg white until foamy.
13. When the sugar syrup reaches 116°C, pour slowly into a thin stream into the foamy egg whites and continue whisking until the bowl is cool to the touch and the meringue is stiff and glossy.
14. Transfer the meringue to a piping bag fitted with a 1 cm round tip.
15. Pipe over the top of the curd and using a cook's blow torch, lightly brown the meringue to create a golden brown finish.



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