

Lemon Tart



Recipe By FoodieBook

Ref: 489

Heading: Puddings

Cuisine: French

Food Type: Vegetarian

No of Portions: 6

Ingredients & Prep

230 g plain flour

160 g butter unsalted cold for grating

75 g icing sugar

1 egg

1 egg yolk only

1 pinch salt

Filling

140 ml lemon juice

6 egg yolk only

180 ml double cream

250 g caster sugar

1 lemon zest only

Garnish

1 lemon slices in half moons

Method

Step 1 - Pre-heat oven to 170°C (pastry) down to 100°C for the tart.

Step 2 - In a bowl add flour & zest, then grate butter in a 1/4 at a time mixing in as you go, when all the butter is in use your finger tips to rub together into a breadcrumb consistency.

Step 3 - In another bowl beat the egg & egg yolk together, add the sugar & salt to the flour crumb mix then add the egg & form into a pastry dough, wrap in cling film & let it rest in the fridge for at least 1 hour.

Step 4 - On a floured worktop roll out pastry to 2mm thick (£1 coin), for a 6 portion quantity use an 18cm round loose bottom tart/flan tin greased with butter, line the tin with the pastry, cut off excess from around the edge.

Step 5 - Place a piece of very well scrunched up piece of greaseproof paper in & up the sides then fill with dry rice into the tin & mound the rice up around the sides to the top to hold while blind baking, place in the oven for 10 mins, then allow to cool.

Step 6 - In a bowl add egg yolk & sugar, whisk until light in colour, add cream & whisk. The lemon juice & zest & whisk again.

Step 7 - Pour into tart case to the top, then bake for 45 min or until set. Allow to cool, add garnish

Suggestion & Tips

Best eaten fresh & very slightly warm with cream. You can make in small individual tart tins if you wish.