

Lemon Meringue Pie

Ingredients for Shortcrust Pastry: **To be prepared at home**

200g Plain Flour
50g Butter
50g Lard / White Fat
40ml Cold Water (approximately)
Pinch of Salt

Ingredients for Filling:

Grated Rind and Juice of 2 Large Lemons and Cold Water to make up to 300 ml

50g Cornflour
75g Caster Sugar
3 Egg Yolks
40g Butter



Ingredients for Meringue:

3 Egg Whites
150g Caster Sugar

You will need a round tin:
18 - 20cm in Diameter. The pastry case
should be made at home. Bring a piece
of tin to cover it at the end of your
lesson.

Method: **To be completed at home**

1. Preheat the oven to 190°C or Gas 5.
2. Weigh and measure out all the ingredients accurately.
3. Cut the butter and lard/white fat into small pieces.
4. Put flour, salt, butter and lard/white fat in a mixing bowl.
5. Rub fat into the flour with your fingertips until it resembles breadcrumbs.
6. Measure the cold water on the scales, you need 40ml.
7. Make a well in the middle of the breadcrumbs and add the water a little at a time, mixing with a round-bladed knife until it forms a dough.
8. Allow to chill in the fridge for 10 minutes while you do the washing up.
9. Roll out the shortcrust pastry onto a floured surface, using a floured rolling pin, to approximately 0.5cm thick.
10. Put dish for cooking your lemon meringue pie on a baking tray.
11. Line the dish with the pastry and trim edges.
12. Blind bake for 20 minutes on the top shelf of the oven until fully cooked.
13. Remove pastry case from the oven, leave to cool.



Method: **To be completed in school**

1. Preheat the oven to 150°C / Gas Mark 2.
2. Separate the egg yolks from the egg whites.
3. For the filling: Grate the rind from the lemons and then use a juicer to remove the juice. Add water to the lemon juice to make it up to 300ml of lemon flavoured water. Place the cornflour in a small plastic bowl and blend to a smooth paste with a little of the lemon flavoured water. Add the rest of the liquid.
4. Transfer the mixture into a saucepan and bring to the boil. Simmer for 1 minute, stirring constantly.
5. Remove from heat and beat in egg yolks, caster sugar, butter and lemon rind.
6. Pour the lemon mixture into the pastry shell and spread it out evenly.
7. For the meringue, use a large **clean glass** mixing bowl and use an electric whisk to whisk the egg whites until they form soft peaks, you should be able to turn the bowl upside down without the egg whites moving!
8. Whisk in 1 tablespoon of caster sugar at a time until all is added (mixture should have formed stiff peaks).
9. Spread or pipe the meringue mixture all over the filling so it seals the top completely.
10. Cook in the oven for 45 minutes, until the meringue has turned pale beige and is crisp on the outside and squashy in the middle.



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