

Lemon Tart

Ingredients for Shortcrust Pastry:

175g Plain Flour
85g Butter
45g Caster Sugar
1 Egg



Ingredients for Filling:

250ml Double Cream
200g Caster Sugar
5 Eggs
Zest and Juice of 4 Lemons
Icing Sugar, to Serve
Lemon Zest, to Serve



Please bring a 24cm loose bottomed tart tin and some tin foil to cover your dish at the end of the lesson.

Method:

1. Preheat the oven to 190°C or Gas Mark 5.
2. Weigh and measure out all the ingredients accurately.
3. Sieve the plain flour into a large bowl.
4. Cut the butter into small pieces.
5. Crack 1 egg into a small bowl and beat with a fork.
6. Place the flour, butter pieces and caster sugar into a food processor and pulse until it resembles breadcrumbs. Add the egg and process until the pastry draws together into a ball.
7. Lightly flour the work surface.
8. Roll out the pastry on the lightly floured surface into a large circle to line the tart tin. Ensure you only roll forward to apply an even pressure. Line the tin, do not cut off the excess pastry. Chill for at least 30 minutes.
9. For the filling, crack the first egg into a small bowl, check for any shell before transferring to a large plastic bowl. Crack the remaining eggs in the same way.
10. Add the caster sugar to the eggs. Beat together with an electric whisk until well combined.
11. Grate the zest from the 4 lemons. Save a little bit of zest for adding as a garnish to the finished product.
12. Cut each lemon in half and juice.
13. Whisk in the lemon zest and juice.
14. Whisk in the cream. Chill the mixture for 1 hour.
15. Remove the chilled pastry case from the fridge. Cut the excess pastry from the edges.
16. Line the pastry case with greaseproof paper, fill with baking beans or rice and bake blind for 10 minutes. Remove the paper and beans or rice and bake for 5 minutes or until the base is crisp.
17. Reduce the oven to 140°C or Gas Mark 1.
18. Place the tart tin on a baking tray.
19. Pour in the lemon filling, being careful not to allow the filling to spill over the edges. Bake for 30 minutes or until just set.
20. Remove from the oven and cool on a cooling rack. The mixture will set when cooled.
21. Serve, dusted with icing sugar and sprinkled with lemon zest over the top.

