

Lemon meringue tart

French lemon tart with meringue

1 tart

Ingredients

PASTRY

- **250 g** plain flour
- **90 g** sugar
- **125 g** butter, plus extra for the tin
- **1** egg, beaten

FILLING

- **5** small organic lemons
- **6** eggs
- **250 g** granulated sugar
- **200 ml** whipping cream

MERINGUE

- **5** egg whites
- **150 g** caster sugar

Method

PASTRY

1. Put the flour, butter and sugar in a bowl. Knead and gradually add the egg until you have a firm ball of dough (you may have some egg left over).
2. Leave the dough to rest for 15 minutes and make the filling in the meantime.
3. Roll the dough out between two sheets of cling film into a circle 2 cm larger than the tin. Grease the tin with butter and dust with flour.
4. Remove the top sheet of film, lift the dough using the bottom sheet and lay it in the tin. Gently press the dough into the corners and against the side.
5. Remove the film and trim off the excess dough along the rim. Prick the base with a fork.
6. Cover the dough with baking paper and baking beans and blind-bake for 20 minutes at 185 °C.
7. Take the tart out of the oven and turn the oven down to 140 °C.

FILLING

8. Grate the zest of 3 lemons into a large bowl. Halve all the lemons and squeeze in the juice and pulp (without the pips).
9. In another bowl, whisk the eggs with the sugar until the sugar has completely dissolved. Stir in the cream and the lemon juice with the zest.
10. Pour the lemon cream into the pastry case from a measuring jug, right up to the rim.
11. Return the tart to the oven. After 35 to 40 minutes the filling will have set. Leave the tart to cool.

MERINGUE

12. Whisk the egg whites in a grease-free bowl with the mixer until white and foamy.
13. Gradually add the sugar and whisk to a firm, glossy meringue.
14. Spoon the meringue into a piping bag with a star nozzle and pipe a layer over the tart.
15. Scorch the meringue with a blowtorch (or place the tart briefly under the oven grill).

EQUIPMENT

Mixer, tart tin, whisk, bowls, zester, piping bag with star nozzle, rolling pin, cling film, baking paper, baking beans, blowtorch