

Sweet

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Lemon Tart

FREE RECIPE FROM SWEET BY ALISON THOMPSON,
LEMON TART, PAGE 110.

This is the ultimate lemon tart recipe. I find that it is best eaten on the day it is made when the filling still has that freshly baked wobble to it. Serve with nothing more than a generous spoonful of whipped cream.



SERVES 8

PREPARATION TIME: 45 MINUTES, PLUS CHILLING AND COOLING TIME

COOKING TIME: 1 HOUR 30 MINUTES

1 quantity sweet pastry (see below, page 217 in the book)
finely grated zest of 4 lemons
280 g caster sugar
9 eggs
250 ml freshly squeezed lemon juice, strained
250 ml pouring cream
1 egg yolk
pure icing sugar, for dusting
whipped cream, to serve

You will also need a 25 cm x 4 cm tall metal ring

1. Place the metal ring on a baking tray lined with baking paper. Cut the chilled pastry into 8 pieces. With the heel of your hand, squash the pastry pieces to make them pliable, then press them together and knead into a ball. On a floured surface, roll out the pastry until large enough to line the metal ring, turning the pastry every couple of rolls to make sure it is not sticking to the bench. Lift the pastry into the ring and gently press the pastry into the corners. Trim the excess pastry with a small knife or by rolling the rolling pin across the top of the ring. Refrigerate for at least 30 minutes.
2. To make the filling, place the lemon zest and sugar in a bowl and mix with your fingertips, rubbing the zest into the sugar. Add the eggs and whisk to combine, then add the lemon juice and mix well. Stir in the cream, then strain the filling into a large jug. Skim any froth from the surface and discard.
3. Preheat the oven to 170°C (fan). Blind-bake the pastry case for 15 minutes (see page 8), then remove the paper and weights and bake for a further 10–15 minutes or until pale golden. It is very important that there are no holes or cracks in the cooked pastry otherwise the filling will leak. Check the pastry case and fill any cracks or holes with some of the trimmed raw pastry, then return to the oven for 2–3 minutes to set the repaired spots. Remove from the oven and immediately brush the inside of the tart case with the egg yolk; this will help seal the case.
4. Reduce the oven temperature to 130°C (fan).
5. Place the pastry case in the oven, still on its baking tray. Pour the filling into the case right to the top and bake the tart for 50–55 minutes or until set. Remove the tart from the oven and allow to cool for 2 hours at room temperature before dusting with icing sugar. Remove the metal ring, then cut the tart into slices and serve with whipped cream.

SWEET PASTRY

I love this recipe for sweet pastry. It's the only one I use as it is so simple to make and work with, which in turn makes achieving that perfectly lined tart or pie case super easy.

MAKES ENOUGH FOR 1 x 25 CM TART OR PIE CASE

PREPARATION TIME: 20 MINUTES, PLUS CHILLING TIME

225 g plain flour
pinch of salt
110 g unsalted butter, diced
60 g pure icing sugar, sifted
2–3 egg yolks

1. Place the flour, salt, butter and icing sugar in the bowl of an electric mixer fitted with the paddle attachment and mix on low speed until the butter is completely mixed through and no lumps are visible. Add 2 egg yolks and mix on low speed until the dough comes together. If your yolks are a little small, you may need to add the third yolk to form a dough.
2. Alternatively, you can make the dough by hand in a large mixing bowl. Using your fingertips, rub the butter into the dry ingredients, then add yolks and mix by hand until a dough forms.
3. Gently form the dough into a ball, then wrap it in plastic film and refrigerate for at least 2 hours before using. The dough can be stored in the refrigerator for up to 3 days or frozen for up to 1 month.

