

Lemon Tart

REF:

Cuisine: French

Preparation time: 50 minutes

Cooking time: 1 Hour 10 minutes (plus 3 hours min to set at room temp)

Ingredients:

- 1 Pack Sweet shortcrust pastry (the ready-made variety is fine for this just make sure its cold when you start)
- 2 Free range egg yolks, beaten
- Icing sugar to dust

For the lemon filling:

- 10 Lemons, finely grated zest and juice (use unwaxed lemons – you need 450ml of juice)
- 500g Caster sugar
- 1L Double cream
- 6 Free range eggs
- 6 Free range egg yolks

Method:

1. Lightly dust your work surface and a rolling pin with plain flour and roll out the pastry fairly thinly to enable you to line a 25cm loose-bottomed flan tin or cake tin about 4.5cm deep, Lay the pastry carefully into the tin and gently press the sides into shape. Repair any splits with a little more pastry pressed in. Leave the excess pastry hanging over the edges of the tin. This will be trimmed off after cooking and helps prevent shrinkage in the tart case.
2. Lightly prick the base of the pastry case with a fork, all over.
3. Line the pastry case with greaseproof paper or parchment, then fill with baking beans. You can also use uncooked rice or beans – I use a jar full of old foreign coins – all those old francs and lire come in useful!! Place the tin and pastry case onto a baking tray.
4. Preheat the oven to 180°C and put in the tray and bake for 20 minutes or until pale golden in colour.
5. Remove from the oven and lift out the paper and beans/coins then return to the oven and bake for a further 4 minutes.
6. Remove from the oven again then brush the pastry case with the egg yolks over the hot pastry case
7. Return to the oven for 2 minutes or until the yolks have sealed the pastry case then remove and allow to cool.
8. Reduce the oven to 110°C.

9. To make the filling, put the lemon juice and caster sugar into a pan and bring it to the boil over a medium heat, stirring occasionally until the sugar has dissolved.
10. Remove from the heat, stir in the lemon zest and leave to infuse for 3-4 minutes then pass through a fine sieve into a bowl.
11. Put the cream in a separate pan and bring gently to the boil then remove from the heat and leave to cool slightly.
12. Put the eggs and egg yolks into a large mixing bowl and whisk together and while still whisking, pour the lemon juice and sugar syrup onto the eggs.
13. Whisk in the cream then pass it through a fine sieve into a large pouring jug. Skim off any bubbles from the top. Refrigerate until ready to use.
14. Place the empty pastry case and baking tray onto a shelf in the oven, then gently pour in the lemon filling, taking it up to the very top and being careful to avoid any spillages. Gently push the shelf back into the oven and bake for at least 40 minutes or until only just set.
15. The middle should wobble like a jelly when the tart is cooked – test it – if not firm enough, leave for a few more minutes
16. Remove from the oven and leave to cool on the baking tray for at least 3 hours at room temperature. Do NOT put it in the fridge as the pastry will go soggy and the tart will set too quickly and split from pastry case.
17. When set, gently trim the excess pastry off using a sharp knife against the rim of the baking tin.
18. Dust the top with icing sugar and caramelize the with a chef's blowtorch just before serving.
19. Carefully remove from the baking tin and slice into wedges with a sharp knife to serve.

To Serve:

Goes very well with a nice vanilla ice cream or whipped Cornish clotted cream on the side

Chef's Notes: