

Lemon Meringue Tarts



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Yields 8 small tarts

Prep time: 1h 20min + chilling time

Cook time: 20min

Total time: 1h 40min

Difficulty: Intermediate

Category: Pies & tarts

This is a great wholesome version of the classic Lemon Meringue Pie. These tarts have a whole wheat crust which gives them a lovely rounded flavor and that rustic homemade feel. The recipe for the lemon filling was taken from David Lebovitz.

For the crust:

Ingredients

180g whole wheat pastry flour
1 tablespoon icing sugar
pinch of salt
100g cold butter, diced
1 tablespoon sour cream
1-2 tablespoons ice cold water

Directions

In the bowl of a food processor, combine flour, icing sugar and salt and pulse to combine. Add butter, and pulse until mixture resembles coarse crumbs. Add sour cream and pulse again. The dough should start coming together. Add 1 tablespoon of ice water and process just until dough holds together without being wet or sticky. Do not process more than 30 seconds. If it is still too crumbly, add a bit more water, 1 tablespoon at a time. Turn out dough onto a clean work surface and shape into a flattened disk. Wrap in plastic, and refrigerate at least 1 hour.

Butter eight 10cm tart rings. Preheat the oven to 180°C.

When the dough is nice and cold, roll it out in between two sheets of plastic. Cut out circles slightly bigger than your tart rings, transfer and press the dough gently with your fingers into the bottom and sides of the tart rings. Scrape the remaining dough, knead it until it comes together, roll out and repeat the process. Prick the bottom of each tart with a fork and refrigerate for 15 minutes. Remove from refrigerator and blind bake for 15 minutes or until golden brown and cooked through. Allow to cool before filling the tarts.

For the lemon filling:

Ingredients

125ml freshly squeezed lemon juice
zest of one lemon
100g sugar
85g butter, diced
2 eggs

2 egg yolks

Directions

In a medium-sized saucepan, heat the lemon juice, zest, sugar, and butter. In a small bowl, beat together the eggs and the yolks. When the butter is melted, whisk some of the warm lemon mixture into the eggs, stirring constantly. Scrape the warmed eggs back into the saucepan and cook over low heat, stirring constantly, until the mixture thickens and almost begins to bubble around the edges.

Pour the lemon curd through a mesh strainer directly into the baked tart shell. Smooth the top of the tart and put it in the oven for couple of minutes, just to set the curd. Remove from oven and allow to cool before adding the meringue.

For the meringue:

Ingredients

2 large egg whites

pinch of salt

75g sugar

Directions

In clean and dry mixing bowl, combine egg whites and salt. Beat egg whites on high until frothy and then gradually start adding caster sugar. Beat on high speed until stiff, silky and shiny. Pipe or spread over the tarts and then toast the meringue with a blow torch, moving around the sides and being careful not to burn the sugar. The meringue should be golden brown. If you don't have a blow torch, put the tarts under the broiler, watching carefully, as it will brown quickly.