



Office: 071 214 3557

info@cookingacademy.co.za

39 Heystek Street, Rustenburg, 0300

www.cookingacademy.co.za

## LEMON MERINGUE TART AND FRUIT TART

### Sweet Paste:

225g Cup Cake Flour  
 ¼ tsp Salt  
 50g Icing Sugar  
 125g Cold Butter, cut into small cubes  
 1 Egg Yolk  
 2 tbsps Water as required

### Lemon Curd:

125ml Water  
 100g Sugar  
 1 Lemon  
 25g Cornflour  
 25g Butter  
 2 Yolks

### Italian Meringue:

2 Egg whites  
 100g Castor Sugar  
 30ml Water  
 Pinch of Crème of Tartar

### Sweet Paste:

1. Mix the flour, salt and confectioners' sugar in a medium bowl. Pulse the flour mixture with the cold butter in a food processor until it resembles fine bread crumbs.
2. Add the egg yolk and pulse briefly until all ingredients come together.
3. Add the water and pulse (or alternatively knead) to obtain a smooth dough.
4. Roll dough between parchment paper and refrigerate for 30minutes
5. Lightly grease tart pan. Roll pastry until 3mm and line tart pan, cover and refrigerate for another 15minutes.
6. Remove the tart from the refrigerator, cover with a piece of parchment paper and fill with pie weight or baking beans (dry beans).
7. Bake for 25minutes or until light golden brown. Leave to cool while preparing the filling.

### Lemon Curd:

1. Boil water, sugar, zest and juice of lemon to a syrup.
2. Thicken with diluted cornflour, remove from heat, add the butter and whisk in yolks.

### Meringue:

1. Boil the sugar, water and cream of tartar to hard ball stage 121°C
2. Beat the egg whites to full peak and, while stiff, beating slowly, pour in the boiling sugar.

### Assemble Lemon Meringue

Spoon the lemon curd into the pastry cases, pipe the Italian meringue on top and brown tops of meringue with blow torch.

