

Recipe

NO BAKE LEMON MERINGUE TART



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s w e e t & s o u r

Recipe: **CAROLE POIROT**

INGREDIENTS

FOR THE BASE

200 g digestive biscuits
95 g butter at room temperature

FOR THE FILLING

150 g caster sugar
2 large eggs & 2 egg yolks
Juice & Zest of 3 lemons
100 g butter, cut into cubes

FOR THE MERINGUE

50 g egg whites
100 g caster sugar
25 ml water



CATEGORY
Dessert



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HOW IT'S DONE: THE BASE

- STEP 1** Start by whizzing the biscuits in a food processor until you have fine crumbs.
- STEP 2** Alternatively, you can also put them into a plastic bag and bash them with a rolling pin.
- STEP 3** Add the butter and mix until combined.
- STEP 4** Tip the mix into the tart mould, press it into the mould and up the sides until smooth.
- STEP 5** Put the form into the fridge for the base to cool and harden.

HOW IT'S DONE: THE FILLING

- STEP 1** To make the filling, fill a medium sized saucepan 1/3 full with water and bring to a simmer.
- STEP 2** Put the sugar, eggs, egg yolks, lemon juice and zest into a heatproof bowl and whisk together.
- STEP 3** Now place the bowl on top of the saucepan (make sure it doesn't touch the water) and keep whisking.
- STEP 4** Keep whisking the mix until it thickens enough to coat the back of a wooden spoon.

- STEP 5** Once thickened, take the bowl off the heat.
- STEP 6** Now drop the butter cubes into the mix whilst continuously whisking.
- STEP 7** Once all combined, leave the curd to cool to room temperature before pouring it into the tart base.
- STEP 8** Chill the tart for a couple of hours.

HOW IT'S DONE: THE MERINGUE

- STEP 1** To make the meringue start by putting the sugar and water into a small saucepan on a medium heat.
- STEP 2** Whisk the egg whites on a medium speed until they just start to turn fluffy.
- STEP 3** Using a sugar thermometer, heat the sugar to 120 °C.
- STEP 4** Now, whilst continuing to whisk the egg whites, slowly pour the hot sugar down the side of the bowl into the egg whites.
- STEP 5** Turn the speed up and keep whisking until the mix has cooled down and is thick and glossy.
- STEP 6** Now you can decorate the tart with the meringue.
- STEP 7** If you have a blow torch, you can add a bit of colour to the meringue by torching some of the peaks.
- STEP 8** Refrigerate until serving.