

Lemon Tart

Is made using a short crust pastry flan case, which is baked blind.

Short crust pastry demonstrates the **shortening properties** of fat - to shorten the length of **gluten strands in pastry to produce a tender, 'short' texture.**

Has a sweet lemon custard type filling which demonstrates the **coagulation** properties of eggs.

Ingredients

For the shortcrust pastry:

150g plain flour
75g block butter or baking fat
3 tblsp cold water

For a larger flan case:

200g plain flour
100g block butter or baking fat
4 tblsp cold water

(For an enriched sweet pastry you could add 1 egg yolk, 1-2 tblsp cold water and 20g caster sugar.)

Lemon filling:

4 large eggs
125g caster sugar
200ml double cream
Zest and juice of 3 large lemons
Icing sugar to dust (from school)
Raspberries or other berries to garnish (optional)



Tin/dish: 20cm (8 inch) flan tin or dish

Pre-heat oven: gas 6 or electric 190 oC

Method

1. Make shortcrust pastry by rubbing fat into flour until mixture looks like fine breadcrumbs.
2. Carefully use a fork to stir in the cold water until a firm dough is formed.
3. Lightly knead pastry on a floured surface. (Rest pastry in the fridge covered in cling film if time allows)
4. Roll out to the required size and carefully line your flan tin/dish.
5. Cover with baking or greaseproof paper and baking beans (rice or pasta) to add weight and **bake blind** for 10 minutes - remove the paper and bake for a further 5 mins.
6. Meanwhile prepare the filling by beating the eggs, sugar, cream / crème fraiche zest and juice together until smooth.
7. Remove partially cooked flan case from oven and **reduce the oven temperature** to 170 oC or gas mark 3.
8. Carefully pour the filling into the pastry case and bake for a further 25 - 30 minutes until set but still a little wobbly in the centre.
9. Cool and chill for at least 2 hours.
10. Dust with icing sugar and garnish with chosen fruit.
11. Can be served with cream or low fat crème fraiche.