

The lemon meringue tart



Serves :

6



Prep :

1h30



Rest :

Freezing : -
Refrigeration : 8h



Cook :

Temperature : 338°F
Time : 20 min.

Special equipment

- Micro-perforated tart ring Ø20-22 cm
- Plain and star pastry tips
- 3 mm dough thickness guides
- Blowtorch

List of recipes

- ✓ Sweet pastry
- ✓ Lemon cream
- ✓ Italian meringue



Steps

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👉 Making the sweet pastry

Refrigerate for at least 6 hours

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Refrigerate for at least 6 hours

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👉 Blind baking the tart shell

15-20 minutes at 170°C/338°F

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👉 Baking the tart shell

10-15 minutes at 170°C/338°F

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Refrigerate for at least 2 hours

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Sweet pastry

The quantity prepared is intended for 2 tarts with a diameter of 20 to 22 cm (you can freeze the unused portion).

Ingredients

- ☑ 150 g ~ Butter
- ☑ 95 g ~ Powdered sugar
- ☑ 1 g ~ Fleur de sel
- ☑ 1 pinch of vanilla powder
- ☑ 30 g ~ Almond powder
- ☑ 60 g ~ Whole egg (x1 large)
- ☑ 250 g ~ All-purpose flour

- Prepare the dough the morning before to respect the resting times.
- Take 150 g of butter out of the refrigerator at least 2 hours before starting the recipe to bring it to room temperature and cut it into small cubes.
- Cream the butter using a stand mixer fitted with the paddle attachment.
- Add 95 g of sifted powdered sugar and mix, gradually increasing the speed until obtaining a creamy and homogeneous mixture.
- Add 30 g of ground almonds (or hazelnuts), a pinch of fleur de sel, and a bit of vanilla powder. Continue mixing on medium speed.
- Add 60 g of beaten whole eggs (approximately 2) to the mixture.
- Finish mixing with a flexible spatula or scraper (it will be much more effective than the mixer paddle).
- Finally, add 250 g of sifted all-purpose flour (preferably T55 or T65).
- Mix with the stand mixer without overworking the dough. The mixture should be homogeneous.
- Then, using your hands, form a ball and divide it into two equal parts to form two balls.
- Wrap each ball tightly in cling film.
- Flatten the balls slightly to facilitate rolling later.
- Chill the pastry in the refrigerator for ideally 6 to 8 hours.



Lining a tart shell

Preferably done the night before to respect the resting times.

- Take the dough ball out of the refrigerator 30 minutes before rolling it out.
- Flour the work surface and the dough ball.
- Roll out the dough ball by applying firm pressure (but be careful not to crush it, as it may tear).
- Check from time to time that the dough is not sticking to the work surface.
- Use 2-3 mm thick rulers to achieve a perfect result.
- Cut out the tart base using the same-sized pastry ring you will be using.
- Gather the dough scraps and form a ball, then transfer the dough disc onto a piece of parchment paper (be careful not to deform the disc).
- Place the disc in the refrigerator.
- With the remaining dough, create strips that are at least 2 cm wide (as long as possible).
- Place the strips in the refrigerator.
- Butter the tart ring (preferably a perforated ring).
- Prepare a perforated baking sheet and a perforated silicon mat.
- Attach the strips to the tart ring (butter will make it easier).
- The bottom of the strip should be in contact with the baking mat, and a few millimeters should extend beyond the ring.
- Seal the strips together using water and your finger.
- Once the strips are in place, slightly push out the part that extends beyond the ring to facilitate the addition of the dough disc later on.
- At this stage, place the ring with the strips in the refrigerator for a few minutes to firm up the dough strips.
- Moisten the bottom of the strip and the edge of the dough disc.
- Insert the dough disc into the ring so that the two moistened parts come into contact. Center the disc and make sure to push it down as far as possible, forming as straight an angle as possible.
- Press the disc against the strip and, using a wet finger, try to eliminate any excess thickness.
With a little practice, no difference will be visible.
- Place the tart shell in the refrigerator, ideally overnight.
The dough should become firm and develop a crust!



Baking the tart crust

Ingredients

- ☑ 1 ~ Egg yolk
- ☑ 4 g ~ Whipping cream (35% fat)

- Preheat the oven to 170°C / 338°F.
- Take the tart shell out of the refrigerator and neatly trim off any excess dough.
- Place in the oven at 170°C/356°F in convection mode for about 15-20 minutes. The ideal time is when the tart has a light golden color and the edges of the tart have started to detach from the ring.
- This allows for easy removal of the ring.
- Wait a few minutes for the tart shell to cool and set.
- Using a sieve or a microplane, smooth out the edges.
- Then, using a mixture of 1 egg yolk and 4 g of heavy cream, brush the bottom and sides of the tart. This will help make the tart shell more watertight and give it a beautiful color.
- Place back in the oven at 170°C / 338°F for 8 to 10 minutes. The ideal time will be determined visually. You will decide the desired color, but be careful as it can change within a minute, so keep an eye on the baking process.



The lemon cream

Ingredients

- ☑ 4 x Yellow lemon juices
 - ☑ 2 x Lime juices
 - ☑ 90 g ~ Butter
 - ☑ 120 g ~ Superfine sugar
 - ☑ 25 g ~ Cornstarch
 - ☑ 3 x Whole eggs
 - ☑ 2 x Egg yolks
- } 200 g

- Zest 2 yellow lemons.
- Squeeze the juice of 4 yellow lemons and 2 limes to obtain 200 g of lemon juice.
- In a mixing bowl, add :
 - 2 egg yolks,
 - 3 whole eggs
 - et 120 g of superfine sugar.
- Whisk together to dissolve the sugar and obtain a homogeneous mixture. It is not necessary to whisk until the mixture turns pale.
- Add 25 g of cornstarch and whisk to obtain a homogeneous mixture.
- Heat the lemon juice and zest in a saucepan over medium heat.
- When the lemon juice begins to simmer, slowly pour it over the egg/sugar/starch mixture while whisking.
- Mix well and pour the mixture back into the saucepan.
- Continue cooking over medium heat until the mixture thickens. As soon as the first bubbles appear, continue cooking for 1 minute while stirring constantly (it's exactly the same principle as for pastry cream).
- Pour the cream into a mixing bowl, cover with plastic wrap so that the plastic wrap is in contact with the cream, and let cool to room temperature.
- After 30 minutes, use an immersion blender to smooth out the cream when it's around 45°C/113°F.
- Add 90 g of softened butter, cut into small pieces. Mix until a smooth and creamy texture is obtained.
- Fill the tart shell with the lemon cream. The cream should reach the same level as the edge of the tart shell. Smooth the cream with a large angled spatula. Clean the edges of the tart.
- Cover with plastic wrap so that the plastic wrap is in contact with the cream, and refrigerate for at least 2 hours.



Ingredients

- ☑ 17 g ~ Brown sugar
- ☑ 44 g ~ Water
- ☑ 160 + 20 g ~ Superfine sugar
- ☑ 100 g ~ Egg white (x3-4)
(at room temperature)

The italian meringue

- Cook 160 g of superfine sugar with 44 g of water in a saucepan over medium heat until it reaches a temperature of 116-118°C/240-245°F.
- In parallel, when the temperature reaches 100°C/212°F, start whipping the egg whites using a stand mixer, gradually adding a mixture of 20 g of superfine sugar and 17 g of brown sugar to tighten the whites.
- When the sugar reaches 116-118°C/240-245°F, remove the saucepan from the heat and wait a few seconds until the sugar stops bubbling (this is just for safety, to reduce the risk of splatters).
- Pour the sugar at a slow speed into the egg whites and continue beating at high speed until completely cooled (10-15 min). The meringue is ready when it becomes satiny and forms a beautiful "bird's beak".
- To finish, pipe the meringue on the tart according to your own imagination and lightly brown with a blowtorch (avoid using the broiler in the oven!).



Tips

❖ For an even more lemony tart :

Replace the 44g of water with 22g of water + 22g of lemon juice.
This will give a subtle lemon flavor to your meringue.

❖ Tasting :

This tart should be enjoyed on the same day it is made. In fact, the lemon cream tends to crack when chilled, and the meringue can release water !