

Lemon Tart

South Holland Library Baking Demonstration

Monday, December 6, 2021 at 7:00 pm

Presented by Chef Chris Thielman

Servings: 1 9-inch tart, serves 6 to 8, depending on size of slices

Special cooking equipment: 1 9-inch fluted tart pan, metal bowl, cooking thermometer, immersion blender or food processor

Tart crust dough

Ingredients:

220 grams all-purpose flour

90 grams European-style unsalted butter, cut into small pieces

25 grams powdered sugar

1 large whole egg

2 Tablespoons cold water

Large pinch of salt

Method:

In a large bowl, combine the flour and butter, then mix by hand until the flour resembles sand.

Add the powdered sugar and mix well, again by hand.

In a separate bowl, combine the egg, water and salt, then add into the flour mixture. Continue to mix by hand until the ingredients are totally incorporated.

Roll out the dough between two pieces of plastic film until 1/8 inch thick. Be sure to roll out the dough so it is slightly larger than the 9-inch fluted tart pan. This will accommodate the amount of dough needed to go up the sides of the pan.

Put the tart dough in the fridge for 10 - 20 minutes so the dough chills slightly and is easier to handle.

Place the dough into the pan, making sure that the dough covers the sides. Remove excess dough from the top by using a rolling pin or knife. Prick the dough on the bottom of the pan multiple times with a fork.

Place in the freezer for 20 – 30 minutes or until stiff.

Bake in a 400° oven for about 30 minutes or until the entire crust is a golden-brown color. Let cool before filling.

Creamy lemon filling

Ingredients:

175 grams whole eggs

225 grams granulated sugar

150 grams fresh-squeezed lemon juice (about 2-3 lemons)

Zest of 2 lemons

Large pinch of salt

200 grams European-style unsalted butter, room temperature and cut into small pieces

Method:

Using a metal bowl, stir together the eggs, sugar, lemon juice, zest, and salt. Place the metal bowl over a double boiler at medium heat. Stir constantly with a wire whip until the mixture becomes very thick and registers about 175° on a thermometer.

Pour through a wire mesh strainer into a mixing bowl, stir, and cool until about 125°.

Using an immersion blender, slowly add a few pieces of the butter at a time to the egg/sugar/lemon mixture to create an emulsion. Blend until all the butter is incorporated.

Note: If you don't have an immersion blender, you may also use a food processor or mix by hand with a wire whisk, although the emulsion may not be as cohesive.

Pour into the cooled, pre-baked crust and place in the fridge for a minimum of 3 hours.

Serve with fresh whipped cream if desired.