

TARTE AU CITRON

(Lemon tart)

· INGREDIENTS ·

20 g/1 tbsp butter, for greasing
650 g/1 lb 6 oz <i>Pâte sablée</i> (see page 47)
Pinch of flour
4 lemons
9 eggs
375 g/13 oz sugar
300 ml/11 fl oz double cream
Eggwash, made with 1 egg yolk and ½ tsp milk
50 g/2 oz icing sugar, to serve

Serves 8

Preparation time: 40 minutes

Cooking time: about 1 hour
35 minutes

This lemon tart is one of our most popular recipes. It tastes much better if it is made in advance, which gives you a welcome opportunity to do some pre-preparation.

· PREPARATION ·

Preheat the oven to 200°C/400°F/gas 7.

The pastry case: Butter the flan ring and place in the freezer for about 10 minutes.

On a lightly floured surface, roll out the pastry to a thickness of about 4 mm/¼ in. Place the prepared flan ring on a baking sheet and line with the pastry. Use a sharp knife to trim the pastry, then pinch up the edges to make a little frill about 1 cm/½ in above the rim of the flan ring. Leave to rest in the fridge for 15 minutes.

The lemons: Wash them and grate the zests. Squeeze the lemons, strain the juice and reserve it with the zests.

The eggs: Break them into a bowl, add the sugar and beat lightly with a whisk until smooth and well blended.

The cream: Put it in a bowl and whisk very lightly for 10 seconds, until slightly thickened.

The filling: Stir the lemon zests and juice into the beaten eggs, then whisk in the cream. Place in the fridge.

Baking blind: Line the whole interior of the pastry case with foil or greaseproof paper and fill with baking beans. Bake in the preheated oven for 15 minutes, then remove from the oven, take out the beans and paper or foil and keep warm. Do not remove the flan ring. Brush the inside with eggwash and return to the oven for about 5 minutes, until the glaze is lightly coloured. Lower the oven temperature to 150°C/300°F/gas 3.

Filling the tart: Lightly stir the filling and pour into the case; bake at once at 150°C/300°F/gas 3 for about ¼ hours.

When it is cooked, trim the edges of the pastry with a small knife, so that the rim of the tart stands about 3–5 mm/¼ in above the filling. Do this carefully, as *pâte sablée* is extremely fragile. Slide a knife between the flan ring and the tart and as you gently lift off the ring, rotate it a quarter turn.

· TO SERVE ·

Leave the tart to cool for at least 4 hours, sprinkling the top with icing sugar before serving. Serve it whole or in slices.

· NOTES ·

On no account put the tart in the fridge; keep it at room temperature otherwise the *pâte sablée* will soften.

· EQUIPMENT ·

Wooden or marble pastry board
2 bowls
1 flan ring, 22 cm/8½ in diameter, 3.5 cm/1½ in deep
1 baking sheet
1 conical strainer
Foil or greaseproof paper
Baking beans

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