

THE NEFF KITCHEN



For lovers of food and NEFF appliances.



Classic lemon tart

By Fransje Garland-Frost

Serves: 10-12

Cooking time: 35 minutes

Prep time: 20 minutes

Function: CircoTherm Intensive® and CircoTherm®

Cuisine: Dessert

Resting Time: 45 minutes

Ingredients

150 g plain flour
 40 g icing sugar
 ¼ tsp salt
 90 g unsalted butter, cubed
 1 egg yolk (keep egg white for filling)
 Filling
 4 eggs, plus egg white from pastry
 180 ml lemon juice (approx. 3-4 lemons)
 1 tbsp grated lemon rind
 160 g caster sugar
 125 ml thickened cream
 1 tsp vanilla essence

Dried beans or rice can be used as baking weights and they are reusable.

Method

Sift the flour, sugar and salt together into a bowl. Rub butter into the flour to resemble fine breadcrumbs. Add the egg yolk and mix with a spatula to bring the ingredients together. Knead the dough gently on a lightly floured surface until smooth. Wrap the dough in plastic wrap and refrigerate for 30 minutes.

Lightly grease a 24cm removable base flan tin. Roll the pastry out between two sheets of baking paper. Carefully line the tin with the pastry, press it gently into the sides and trim the edge. Return pastry to the refrigerator for 15 minutes.

Preheat the oven on CircoTherm® Intensive at 160°C. Gently prick the pastry base with a fork. Cover the pastry with baking paper and fill with baking weights. Place the pastry on the universal tray, put the tray in the oven on shelf level 1 and bake for 10 minutes. Remove the baking weights and paper and bake for a further 5 to 10 minutes or until lightly brown. Remove pastry shell from the oven and select CircoTherm® at 130°C.

To make the filling, whisk together the eggs, egg white, lemon juice, rind, sugar, cream and vanilla.

Whisk gently so no air bubbles form in the mixture. Slowly pour the filling through a strainer into the pastry shell. Bake for 25 minutes or until just set. Remove from the oven and allow the tart to cool for 20 minutes on the bench. Place in the refrigerator until cold.

Serve the lemon tart with a dusting of icing sugar, cream and fresh berries.

Notes

This recipe uses CircoTherm Intensive® and CircoTherm®. We use Australian tablespoons and cups: 1 teaspoon equals 5 ml; 1 tablespoon equals 20 ml; 1 cup equals 250 ml. All herbs are fresh (unless specified) and cups are lightly packed. All vegetables are medium size and peeled, unless specified. All eggs are 55–60 g, unless specified.