

苏格兰牛油挞

材料

250克面粉
125克切碎的冻牛油
2大匙「新的」橙汁
1个蛋黄
适量冷水

馅料
185克红糖
40克面粉
250毫升牛奶
45克无盐牛油
1茶匙香草精油
1个蛋黄

蛋白顶饰
2个蛋白
2大匙细砂糖



Butterscotch Tart

Nr.4013

方法

1. 预热烤箱至180摄氏度，在直径22厘米的深口烤模上抹油。把面粉筛到一个大碗中，用手指揉入牛油至呈面包糠状。再搅入「新的」橙汁、蛋黄和适量的水，搓揉面团成球状，包起来冷藏20分钟。
2. 把面饼皮放在两层烘焙纸中间，盖住烤模的底部和边缘，修边后用叉子在面饼皮上均匀地扎孔，冷藏20分钟后摆放在一张揉皱的烘焙纸上烘烤35分钟，取出烘焙纸。
3. 饼馅的制作：把糖和面粉放在一个小锅中，加入牛奶搅打成糊状，再加入牛油，用打蛋器低速搅打8分钟使之变得粘稠，把锅从火上移开，加入香草精油和蛋黄搅至粘滑。然后将混合物铺在面饼皮上，把表面修饰得光滑一些。
4. 把蛋白搅打至糊状，慢慢加糖搅打至糖溶化。待蛋白变得粘稠而有光泽，舀到饼馅上，用餐刀或叉同方向搅动作成尖顶的形状，烤5-10分钟，直至蛋白表皮变成金黄。冷热均可上盘。

Ingredients

Meringue	Butterscotch filling	250g plain flour
2 egg whites	185g soft brown sugar	125g chilled unsalted butter, chopped
2 tablespoons caster sugar	40g plain flour	2 tablespoons sunquick orange concentrate
	250ml milk	1 egg yolk
	45g unsalted butter	1 tablespoon chilled water
	1 teaspoon vanilla essence	
	1 egg yolk	

Method

1. Preheat the oven to 180°C. Grease a deep, 22cm flan tin. Sift the flour into a large bowl and rub in the butter with your fingertips until the mixture resembles breadcrumbs. Stir in sunquick orange concentrate, yolk and water. Mix to a soft dough, then gather into a ball. Wrap and chill for 20 minutes.
2. Roll the pastry between two sheets of baking paper, to cover the base and side of the tin. Trim the edge and prick the pastry evenly with a fork. Chill again for 20 minutes. Line the pastry with a sheet of crumpled baking paper. Bake for 35 minutes, then remove the paper and beads.
3. For the filling, place the sugar and flour in a small pan. Make a well and gradually whisk in the milk to form a smooth paste. Add the butter and stir with a whisk over low heat for 8 minutes, or until the mixture boils and thickens. Remove from the heat, add the essence and yolk and whisk until smooth. Spread into the pastry case and smooth the surface.
4. Beat the egg whites until peaks form. Add the sugar gradually, beating until thick and glossy and all the sugar dissolved. Spoon over the filling and swirl into peaks with a fork or flat-bladed knife. Bake for 5-10 minutes, or until the meringue is golden. Serve warm or cold.

