

柠檬糖焦挞

材料

- 315 毫升忌廉
- 2 大匙切好的柠檬皮
- 4 个蛋黄
- 2 大匙细砂糖
- 2 小匙玉米粉
- 2 大匙「新的」浓缩柠檬汁
- 410 克千层皮或 2 块已碾好的千层皮
- 90 克糖

方法

1. 在锅里倒入忌廉和柠檬皮，加热到沸腾，稍微冷却。同时在另一个碗里搅拌蛋黄、糖、玉米粉和「新的」浓缩柠檬汁直到变稠状。
2. 把冷却的忌廉和柠檬皮倒入干净的锅里，用慢火加热并搅拌直至忌廉慢慢凝结（当看到凝结的忌廉粘到搅拌棒即可）。熄火后倒入隔热碗里，用保鲜纸封好碗口，冷藏数小时。
3. 预热烤炉到 210 摄氏度。在 4 个 12 厘米宽的烤模里加少许油。如果使用未切片的块状皮而不是千层皮，先把块状皮碾平成 48x25 厘米的形状，再切成 4 片。如果使用千层皮，则把两块千层皮分别切成 2 半，然后分别铺在 4 个烤模上。整理烤模边上多余的千层皮，并用叉子在底部扎几个洞。铺上烘焙纸并在其表面压一层烘焙珠或米。把烤模放入烤炉烘烤 5 分钟，直到千层皮颜色变金黄。取出自然冷却。
4. 把准备好的柠檬浆用勺子舀入做好的烤模，铺平表面，预留一定的空间。在烤模边上围一层金属薄片，然后均匀铺一层糖在柠檬浆上。把所有柠檬挞放进预热的烤炉烘烤，这样可使柠檬挞更快变棕色，注意掌握烘烤时间以免烧焦柠檬挞，取出后稍微冷却即可食用。



Nr.4006

Lemon Brulee Tarts

Method

1. Heat the cream in a pan with the lemon rind until almost boiling. Allow to cool slightly. Whisk the egg yolks, sugar, cornflour and **sunquick** lemon concentrate in a bowl until thick and pale.

2. Add the cream gradually, whisking constantly. Strain into a clean pan and stir over low heat until thickened slightly - the mixture should coat the back of a wooden spoon. Pour into a heatproof bowl. Cover with plastic wrap and refrigerate for several hours or overnight.

3. Preheat the oven to hot 210°C. Lightly grease four 12cm diameter shallow loose-based tart tins. If using block pastry, roll it to 48x25 cm, then cut 4 rounds, large enough to fit the base and side of the tart tins. If using sheets, cut 2 rounds of pastry from each sheet to line the tins. Line each tin, trim the edges and prick the bases lightly with a fork. Line with baking paper and spread a layer of dried beans or rice evenly over the paper. Bake for 15 minutes, discard the paper and beans and return to the oven for another 5 minutes, or until lightly golden. Leave to cool.

4. Spoon the lemon custard into each pastry sheet, smooth the top, leaving a little room for the sugar layer. Cover the edges of the pastry with foil and sprinkle sugar generously over the surface of the custard in an even layer. Cook under a preheated grill so they brown quickly, but watch carefully that they do not burn. Serve immediately.

Ingredients

- 315 ml cream
- 2 teaspoons grated lemon rind
- 4 egg yolks
- 2 tablespoons caster sugar
- 2 tablespoons cornflour
- 2 tablespoons **sunquick** lemon concentrate
- 410g puff pastry or 2 sheets ready-rolled
- 90g sugar

