

柠檬香酥批

材 料

- 180克面粉
2大匙细砂糖
12.5克切碎的冰镇无盐牛油
3大匙冰水
- 馅料和顶饰
30克玉米粉
30克面粉
150克细砂糖
100毫升「新的」柠檬汁
3茶匙柠檬碎皮
40克切碎的冰镇牛油
6个鸡蛋(蛋黄与蛋白分开)
375克细砂糖
1/2小匙玉米粉

方 法

1. 把面粉和细砂糖筛到一个大碗里，拌入牛油搅拌至面包糠状，继续加入冰水揉成生面团。把面团搓成球后在双层烘焙纸上碾压成一层面皮(足以填满整个放9寸派的盘子)。修边后冷藏20分钟，预热烤炉到180摄氏度。
2. 在面饼皮上铺一层揉皱的烘焙纸并在上面均匀铺一层烘焙珠或米，使整个面饼皮平整。烘焙10分钟，把表层的烘焙珠和烘焙纸取走。再烘焙10分钟，直到面粉饼微微金黄后使之冷却。
3. 把面粉和糖倒入盒子里，加入「新的」浓缩柠檬汁、柠檬皮和1杯半水搅拌均匀制作馅料，并用中火慢慢加热至沸腾变稠。把火调小，再煮一分钟，然后慢慢拌入牛油并逐个加入蛋黄，倒入碗中后用保鲜纸封好后冷却。
4. 制作顶饰时，先预热烤炉至220摄氏度。把蛋白放入碗中，并用电动搅拌棒搅拌至糊状。继续加入糖，慢慢搅拌直到蛋白变得香滑，再加入玉米粉搅匀。把凉馅料倒在冰冻的面粉饼上，并把蛋白铺在其表面，堆成一个小尖堆。烘焙5-10分钟到颜色微微变金黄即可。冷热食用均可。



Nr.4018

Lemon Meringue Pie

Method

1. Sift the flour and icing sugar into a large bowl. Rub the butter into the flour with your fingertips until the mixture resembles breadcrumbs. Add almost all the water and mix to a firm dough, adding more liquid if necessary. Turn onto a lightly floured surface and gather together into a ball. Roll between two sheets of baking paper until large enough to fit a 23 cm pie plate. Line the pie plate with the pastry, trim the edge and chill for 20 minutes. Preheat the oven to moderate 180°C.

2. Line the pastry with a sheet of crumpled baking paper and spread a layer of baking beads or rice evenly over the paper. Bake for 10 minutes, then remove the paper and beads. Bake for another 10 minutes, or until the pastry is lightly golden. Leave to cool.

3. To make the filling, place the flours and sugar in a medium pan. Whisk in sunquick lemon concentrate, rind and 375 ml water. Whisk continually over medium heat until the mixture boils and thickens. Reduce the heat and cook for another minute, then whisk in the butter and egg yolks, one at a time. Transfer to a bowl, cover the surface with loosely plastic wrap and allow to cool completely.

4. To make topping, preheat the oven to hot 220°C. Beat the egg whites in a small, dry bowl with electric beaters, until soft peaks form. Add the extra sugar gradually, beating constantly until the meringue is thick and glossy. Beat in the extra corn flour. Pour the cold filling into the cold pastry shell. Spread with meringue to cover, forming peaks. Bake for 5-10 minutes, or until lightly browned. Serve hot or cold.

Ingredients

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| 180g plain flour | FILLING & TOPPING |
| 2 tablespoons icing sugar | 30g cornflour |
| 12.5g chilled unsalted butter, chopped | 30g plain flour |
| 3 tablespoons iced water | 150g caster sugar |
| | 100ml sunquick lemon concentrate |
| | 3 teaspoons grated lemon rind |
| | 40g unsalted butter, chopped |
| | 6 eggs, separated |
| | 375g caster sugar, extra |
| | 1/2 teaspoon cornflour, extra |

