

# LEMON TART

Last Modified: 05/16/2014

PREP: 2 Hrs  
COOK: 20 Min  
STOVETOP & OVEN 350

F HARD??

DESSERT

**MAKES 8 SERVINGS**

QUA	MEASURE	INGREDIENT	PROCESS
1	9 Inch	Tart Shell (Frozen)	Baked
OR			
1	9 Inch	Tart Shell (Home Made)	Baked
3	Large	Eggs	
2/3	Cup	Granulated Sugar	
6	Tbsp	Unsalted Butter	Cubed
1/4	Tsp	Sea Salt	
1/2	Cup	Fresh Lemon Juice	
2	Tsp	Lemon Zest	

## TART SHELL (Makes 3 Shells)

2	Cups	Pine Nuts	Ground
1/3	Cup	Granulated Sugar	Sifted
3	Cups	All Purpose Flour	Sifted
8	Oz.	Unsalted Butter	Room Temp
1	Large	Egg	
2	Tsp	Vanilla Extract	

## TOPPING

1	Cup	Fresh Whipped Cream	
1	Cup	Crème Fraiche	
1/4	Cup	Confectioners Powdered Sugar	

## PREPARATION

<b>FACTOID</b>	For those among us that think we are indeed a Chef-In-Training, THIS IS A TEST. If you can successfully make this, you can pretty much make ANYTHING. BUT - I can personally attest to the fact that your initial failures are also pretty tasty too. Once you get this process down twice in a row, change the difficulty level from HARD to EASY!.
<b>HINTS</b>	The truly difficult part of this is the thickness of the Lemon Sauce prior to pouring it in the Tart Shell. Get it right and this is to die for. Get it wrong, and you have either Lemon Soup or Lemon Rubber (BOTH are STILL very tasty though in their own right).
<b>TOOLS</b>	1) Small Saucepan & Lid 2) Medium Saucepan 3) Small Mixing Bowl 4) Medium Mixing Bowl 5) Rubber Spatula 6) Fine Wire Strainer 7) Tweezers
<b>OPTION</b>	A store bought Tart Shell is perfectly OK here - I can't really tell the difference between a store bought or a home made one. This Pine Nut Shell is sweet & nutty though complimenting the Custards tartness. Do what you wish.

# LEMON TART

<b>PREP</b>	<b>FILLING</b> 1) Cut the Butter into 1/4" cubes and set them aside.
<b>1</b>	<b>CRUST:</b> This Recipe makes enough Dough for three 9" Tart Shells. Use 1 and freeze the other 2 (TIGHTLY sealed in plastic wrap) for up to 2 months. ONE Tart a Month - COOL! Thaw the Dough COMPLETELY at room temperature before using.
<b>2</b>	<b>CRUST:</b> Place the Pine Nuts in a food processor and pulse a few times to break them into large pieces. Add in the Sugar and Flour and continue to pulse until the Nuts are finely ground. Transfer the mixture to a large mixing bowl.
<b>3</b>	<b>CRUST:</b> Add the Butter, Egg, and Vanilla Extract and mix to fully incorporate all the ingredients. Divide the Dough into three equal parts. Wrap each piece in plastic wrap and refrigerate for at least 10 minutes before using.
<b>4</b>	<b>CRUST:</b> Preheat the oven to 350. Spread the Dough thinly in a tart pan. Prick the bottom with a fork and bake until lightly browned, about 15 minutes.
<b>1</b>	<b>FILLING:</b> Heat the Lemon Juice and Zest in a small saucepan over medium high heat until just beginning to bubble around the edges. Remove it from the heat & cover to keep it hot.
<b>2</b>	<b>FILLING:</b> Using the tweezers and a teaspoon, remove and discard the Germinal Discs from the Eggs. The Disc contains the female's genetic material and is the small white spot on the side of the Yolk.
<b>3</b>	<b>FILLING:</b> Whisk the Eggs, Sugar and Salt together in a medium saucepan until well combined. Now, S-L-O-W-L-Y drizzle a little of the hot Lemon Mixture into the Egg Mixture, while whisking constantly until you get about 1/2 of it mixed in. What you want to accomplish here is to slowly raise the temperature of the Egg Mixture WITHOUT either cooking or scrambling them. (A.K.A. Hollandaise Sauce-like).
<b>4</b>	<b>FILLING:</b> Whisk in the remaining Lemon Mixture and place the saucepan over medium heat. Stir it constantly with a rubber spatula until the Custard is thick, about 8 minutes.
<b>CAUTION</b>	<b>FILLING:</b> You want to end up with a Custard thickness that smoothly coats and remains stuck to the back surface of a spoon (See Picture). If it runs easily and drips off of the spoon, it is too thin. If it sticks and forms either clumps or peaks, it is too thick. 1) TOO THIN: Just keep heating & checking. 2) TOO THICK: You CAN'T fix too thick - admit defeat and put it in dessert cups and serve slightly chilled and TRY, TRY AGAIN ANOTHER DAY.
<b>5</b>	<b>FILLING:</b> Remove the Custard from the heat, dump in the Butter and gently stir until it has melted and is fully incorporated into the Custard.
<b>6</b>	<b>FILLING:</b> Strain the Custard through a fine wire strainer. Use the rubber spatula to help press it through quickly (DON'T let it cool too much).
<b>7</b>	<b>FILLING:</b> Pour the Custard into the cool Tart Shell and spread it out evenly with the rubber spatula. Shake the pan LIGHTLY to get the Custard smooth on the top. At this point, give someone you love the spatula to lick and watch their face.
<b>8</b>	Place the Tart in the refrigerator for no less than 2 hours. For any longer a period cover with plastic wrap to keep it from drying out.
<b>9</b>	Remove the Tart from the refrigerator. If you did this right, the Custard will be quite FIRM. It will NOT jiggle when shaken.
<b>10</b>	<b>TOPPING:</b> In a small mixing bowl, fold the Whipped Cream and Crème Fraiche together
<b>SERVE</b>	Cut the Tart into 8 even slices. Place them on an individual dessert plates and sprinkle VERY lightly with Confectioners Powdered Sugar. Spoon a dollop of the Whipped Cream Mixture beside the slice and serve it immediately.