

DRINKS & DESSERT

Lime Meringue Tart

This recipe comes from <http://www.davidlebovitz.com/2009/08/lime-meringue-tart/>. If you love citrus, you'll love this. It is well worth the time it takes to make. Make the pastry* first, bake it, and then make the filling. Pick limes that are the heaviest, and roll them on the counter before squeezing to get the most juice out of them.

Pastry:

3 oz. unsalted butter, cut in pieces
1 tablespoon vegetable oil
3 tablespoons water
1 tablespoon sugar
1/8 teaspoon salt
5 oz. or 1 slightly rounded cup flour

Preheat oven to 410°F. In an oven-proof (i.e. Pyrex) bowl, combine butter, oil, water, sugar, salt. Place the bowl in the oven for 15 minutes, until the butter is bubbling and browning around the edges.



Remove bowl from oven (watch for hot, sputtering butter), dump in the flour and stir quickly, until it forms a ball. Put into 9-inch tart mold (w/removable bottom, if possible) and spread with a spatula. When the dough has cooled enough to touch, pat it into the shell with the heel of your hand and press with fingers up the sides of the mold. Reserve a small piece of dough for patching cracks. Prick the dough all over with a fork (about 10x) and bake for 15 minutes (or until golden brown). Let the shell cool before filling.

Lime Filling and Meringue:

Filling

8 tablespoons butter, cut into pieces
3/4 cup freshly-squeezed lime juice
3/4 cup sugar
zest of 2 limes
pinch of salt
3 large egg yolks
3 large eggs

Meringue

2 large egg whites
5 tablespoons sugar
pinch of salt
few drops vanilla extract

DRINKS & DESSERT

Filling: Preheat oven to 375°F. In a saucepan, warm butter, lime juice, sugar, zest, and salt.

In a separate bowl, whisk together eggs and yolks.

When the butter is melted, pour some of the mixture into the eggs, whisking constantly. Scrape the warmed eggs back into the saucepan and cook over low heat. Stir constantly over low heat, using the whisk, until the filling thickens to a soft jelly. Do NOT boil. (You can do this in a double boiler if you want.)

Remove the heat and scrape the filling into the pre-baked tart shell. Bake for 10 minutes.

Meringue: Whisk together the egg whites, sugar, and salt in a stand mixer. Then set the bowl over a pan of simmering water and whisk as it heats, checking with an instant-read thermometer. Once it reaches 140°F, transfer the bowl to the standing mixer and beat at high speed until cool, scraping down the sides of the bowl (halfway through). Add vanilla. Whip until light and fluffy.

Heat the broiler and move the oven rack to the top third of the oven.

Put the meringue into a pastry bag with a star tip. Pipe the meringue around the perimeter of the tart. Put the tart under the broiler (WATCH CAREFULLY) and remove to cool completely before slicing.

ENJOY!

*<http://www.davidlebovitz.com/2009/05/french-tart-dough-a-la-francaise/>