

Lemon Tart

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<https://preppykitchen.com/lemon-merengue-tarts/>

<https://youtu.be/CD7igrXVgVE?si=UesXrLCq-5oHVe3D>

Course Dessert **Cuisine** French **Servings** 8 people **Calories** 466kcal

Prep Time 20 minutes **Cook Time** 40minutes **Chilling time** 2hours **Total Time** 3hours

Nutrition

Serving: 1slice | Calories: 466kcal | Carbohydrates: 48g | Protein: 6g | Fat: 29g | Saturated Fat: 17g | Trans

Fat: 1g | Cholesterol: 221mg | Sodium: 312mg | Potassium: 87mg | Fiber: 1g | Sugar: 32g | Vitamin A: 982IU | Vitamin C: 8mg | Calcium: 36mg | Iron: 2mg

Equipment: Tart pan 9-10 inches

Ingredients:

For the Crust

- 1 ¼ cups All Purpose Flour (150g)
- ¼ tsp salt
- ½ cup butter cold cut into small pieces (113g)
- ¼ cup granulated sugar (50g)
- 2 tbsp cream (10ml)
- 1 egg yolk

For the Curd

- ½ cup lemon juice fresh (120ml)
- 2 tbsp lemon zest zest of 2 lemons
- 1 cup granulated sugar (200g)
- ½ cup butter (113g)
- 4 eggs
- 2 yolks

Directions

For the Tart Crust

1. Whisk the egg yolk and cream together in a small bowl and set aside.
2. Measure the flour into a large bowl then add the salt, and sugar. Whisk together then add the cubed butter. Work the butter in with a pastry cutter or your clean hands.
3. Once you have a crumbly mixture with roughly pea-sized pieces of butter throughout you can drizzle in the yolk cream mixture and mix together with a fork or knife.
4. Transfer the dough onto a piece of plastic, press and fold together, then shape into a disk, wrap and chill for about an hour.
5. Roll the dough into a circle then transfer to a 9- or 10-inch tart pan (one with a removable base is preferable). Press into the pan then dock the bottom and trim the edge. Freeze about 30 mins.
6. Preheat your oven to 375F then bake for about 20 minutes or until a light golden color, then reduce the oven temperature to 350F.
7. Make the curd while the shell bakes.

For the Lemon Curd

1. In a medium bowl combine the eggs and yolks then whisk together and set aside.
2. Zest two lemons then squeeze ½ cup of juice then add the zest, juice, butter and sugar to a medium sized pot and place over medium heat.
3. Stir often until the butter is melted and the mixture just starts bubbling then remove from heat and slowly drizzle into the egg mixture while whisking vigorously.
4. Pour back into the pot and place over low heat, whisking constantly until the mixture thickens and just starts to bubble, about 170F. Your curd is done once it coats the back of a wooden spoon; you can swipe a finger across, and a track will be left in the curd.
5. Strain into a bowl and cover the surface with plastic wrap.
6. Pour the curd into your tart shell and smooth the surface then bake for 10 minutes or until the edge is just set.
7. Refrigerate for 2 hours then cut and serve.

Notes:

1. You can make the pastry dough by hand or in a food processor if your hands are too warm, you don't want to melt the butter.
2. The crust can puff a bit after baking. Just use a measuring cup to press the crust back into place and if needed coax the crust back up the side if it sank a bit.
3. You can make the tart crust a day or two in advance, just store it in an air-tight container until ready to use.
4. Since we are using the zest of the lemon try and use unwaxed, organic lemon.
5. Make sure you pour the egg mixture into the hot butter slowly and don't stop whisking or the eggs will scramble.
6. To check that your lemon curd is thick enough, let it coat the back of a spoon then draw a line with your finger. If the line stays without the curd running or dripping, it's ready.
7. The lemon curd will thicken more as it cools.
8. It's really important to place plastic wrap directly on top of the lemon curd as it cools to prevent a skin from forming.
9. Don't overbake the tart it only needs around 10 minutes just until the edges have set.
10. Make sure to refrigerate the tart for at least 2 hours before slicing.
11. **Storage** - will keep well in the fridge for 3-4 days or can be frozen.