

## Lemon Meringue Pie

### 200g sweet shortcrust pastry made using:

1 medium egg  
50g sugar  
100g butter  
200g plain flour

Make pastry at home or buy 300g ready made sweet shortcrust pastry

### Method for pastry

1. Sieve the flour and salt, lightly rub in the butter to resemble breadcrumbs
2. Stir in the sugar.
3. Whisk the egg with a fork. Gradually mix the egg mixture into the pastry and lightly mix to a smooth paste wrap and rest before using.

### Filling:

2 lemons  
250ml water  
25g cornflour  
25g butter  
2 egg yolks  
100g caster sugar

### Topping:

1 teaspoon lemon juice  
2 egg whites  
100g caster sugar  
NB Take care when separating the eggs

**Nutrition:** This dessert is a high sugar dessert. It should be served in small portions with a healthy accompaniment such as natural yogurt. The pastry is also quite high in saturated fat from the butter. A wholemeal pastry would be healthier as it would have extra fibre.

### **Skills:**

Rubbing in method for pastry  
Lining a flan dish and blind baking the flan case.  
Blended sauce making for lemon sauce.  
Separating eggs, whisking and piping for the meringue

### **Food science:**

**Shortening** of the pastry as the fat waterproofs the flour preventing the formation of gluten.

**Dextrinisation** of the starch in the pastry from the dry heat when baking causes the pastry to brown.

**Gelatinisation** of the starch in the cornflour thickens the lemon and water as they reach boiling point

**Denaturation** of the protein in the eggs whites due to the acid from the lemon juice and the mechanical action of the beaters

**Coagulation** of the protein in eggs in the sauce and the meringue when heated

**Caramelisation** of the sugar in the meringue as it bakes causing the meringue to turn golden.

### Method

1. Pre heat the oven 180°C/Gas No 4
2. Use pastry to line a 20cm flan dish and bake blind.
3. Wash, juice and zest the lemons
4. Make the lemon sauce by the blended method: Mix together the lemon zest, juice, cornflour, sugar and two tablespoons of water together in a small bowl
5. Meanwhile heat the remaining water in a saucepan until boiling.
6. Pour the boiling water on to the lemon mixture, stir well then return to the pan until thickened
7. Remove from the heat and add the butter and the two egg yolks
8. Pour into the pastry case and leave to cool.
9. Meanwhile make the meringue topping
10. Whisk the egg whites and lemon juice in **clean bowl** with **clean beaters** until at **soft peak stage**
11. Add the sugar **1 tablespoon at a time** whisking well between additions
12. When all the sugar has been added the mixture should be glossy and thick
13. Spoon over the lemon mixture sealing to the edges
14. Bake for 30 minutes or until golden brown.

### Safety and quality points