**Lemon tart… Serves 4**

Nutrition:

Another very high fat and sugar dish, although the lemons will provide some vitamin C!

**Skills:** Zesting and juicing lemons, Rolling out, shaping and blind baking a pastry case.

**Ingredients**

For the lemon tart

* 3 [eggs](http://www.bbc.co.uk/food/egg)
* 125g [caster sugar](http://www.bbc.co.uk/food/caster_sugar)
* 150ml [double cream](http://www.bbc.co.uk/food/double_cream)
* 3 [lemons](http://www.bbc.co.uk/food/lemon)
* [butter](http://www.bbc.co.uk/food/butter), for greasing
* [flour](http://www.bbc.co.uk/food/flour), for dusting
* 150g ready-made sweet [shortcrust pastry](http://www.bbc.co.uk/food/shortcrust_pastry)
* [icing sugar](http://www.bbc.co.uk/food/icing_sugar), for dusting

**Preparation method**

1. Preheat the oven to 200C/400F/Gas 6.
2. Wash, zest and juice the lemons.
3. Crack the eggs into a bowl and whisk gently to break up the yolks. Add the sugar and mix well. Add the cream and the lemon juice and stir. Pass the mixture through a sieve, then add the lemon zest and set aside.
4. Grease a 15cm/6in flan dish with butter. Roll out the pastry on a lightly floured surface to make a circle large enough to fit over the flan dish. Using the rolling pin, carefully lift the pastry over the dish and gently press into the dish. Allow the pastry to overhang the edges of the ring slightly. Trim and flute the edges. Line with a circle of greaseproof paper and fill with rice or baking beans.
5. Transfer to the oven and bake for about 10 minutes. Remove from the oven and remove the beans and greaseproof paper, then return to the oven for 5 minutes, or until the tart case is lightly browned.
6. Turn the oven down to 150°C/Gas 2 and pour the lemon mixture into the tart case. Bake in the oven for about 45mins, or until the filling is just set and the pastry is golden-brown.
7. Remove the tart from the oven. Leave to cool completely, then place in the fridge to chill for about two hours.
8. Dust the top of the tart generously with icing sugar , serve with a drizzle of fruit coulis

INGREDIENTS for a fruit coulis

100g frozen raspberries or tinned peaches

1dsp icing sugar

METHOD

1. Peel and dice fruit if appropriate.

2. Gently soak for a few minutes in a tiny bit of water to soften the fruit. Use a small food processor or hand blender to puree the fruit and sugar together, if it is very seedy sieve it.