



COOK WITH MINUTY

LEMON TARTLETS

INGREDIENTS FOR 4 PEOPLE

For the shortcrust pastry

- 250 g flour
- 150 g cold unsalted butter, cut into cubes
- 50 g icing sugar
- 1 egg yolk

For the lemon cream

- 15 cl lemon juice (3 or 4 lemons)
- Grated zest of 1 organic lemon, or untreated after harvest (optional, according to taste)
- 150 g sugar (or less, according to taste)
- 3 eggs
- 1 tablespoon cornstarch
- 75 g softened butter

For the Swiss meringue

- 2 egg whites (approx. 60 g)

Extra tip

CHOOSING THE RIGHT LEMONS

Lemons are fruits that grow in winter in the Nice region and Corsica. French lemons, especially those from Menton, have a truly delicious lemon flavor, are sweet and fragrant, and are not very acidic. Lemons from Menton are available until June. Sicilian lemons are also renowned for their sweet and refreshing flesh.

Choose heavy, bright yellow lemons, which are indicators of ripeness. Their flavor will be more subtle, and they will also yield more juice. If you are incorporating zest into your recipe, opt for organic lemons or lemons that have not been treated after harvesting.



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PREPARATION

Prepare the shortcrust pastry:

in a bowl, mix the flour and icing sugar. Add the cubes of cold butter and rub the mixture between your hands. Add the egg yolk and 2 tablespoons of water. Knead the dough a little to combine the ingredients, then form a ball. Wrap it in plastic wrap and refrigerate for about 30 minutes. After this time, roll out the dough on a floured work surface. Butter and flour the tartlet pans. Preheat your oven to 350°F (180°C).

Cut out circles of dough slightly larger than the tins. Line the tins with the dough, crimp the edges, and prick the bottoms several times with a fork. Cover the tartlet bottoms with parchment paper and dried beans or metal balls. Bake for 10 minutes. Remove the paper and weights, then bake the tartlets for another 8 minutes, until the pastry is golden brown. Remove from the oven and set aside.

Prepare the lemon cream:

in a saucepan, bring the lemon juice to a boil, adding the grated zest if desired. Whisk the eggs with the sugar and cornstarch, then gradually add the lemon juice in a thin stream, whisking constantly. Return the mixture to the saucepan over medium heat and thicken, stirring constantly, until you obtain a cream. Allow to cool. Then stir in the softened butter in small pieces, whisking well. Fill the cooled tart shells. Set aside in a cool place.

Make the Swiss meringue:

in a large heatproof bowl, combine the egg whites and sugar. Place the bowl over a pan of simmering water—the bowl should not touch the water. Whisk the egg whites and sugar together over the double boiler, but do not whip, until the mixture reaches about 120°F (if you don't have a thermometer, you should be able to dip your finger in and feel that it is very hot, but not burning).

When the meringue is at the right temperature, beat it with an electric mixer on medium to high speed for 10 to 15 minutes, until the bowl has cooled. The meringue should be shiny.

Fill a piping bag fitted with a round tip. Cover a baking sheet with parchment paper and oil it (the meringue is very sticky). Pipe small meringues (no more than 2 cm in diameter) onto the baking sheet. Bake for about 15 minutes (depending on the size of the meringues) in a 180°F oven.

Extra tip

LEMON OR LIME, WHAT'S THE DIFFERENCE?

Lemons are fresher and more acidic, giving a more exotic flavor. A perfectly ripe lemon has softer, sweeter flesh. It is possible to combine them, for example by collecting the juice of lemons and the zest of limes.