



Recipes for Kat and Friends BBC Radio Oxford - February 2015

Lemon Meringue Pie

Ingredients

Pastry (pâte sucrée)

6 oz (175g) Plain flour
3 oz (85g)unsalted butter, soft
3 egg yolks
3 oz (85g)caster sugar
3-4 drops of vanilla extract
pinch of salt

For the filling

2 level tablespoons corn-flour
100g golden caster sugar
grated zest 2 large lemons
175ml fresh lemon juice (from 5 large lemons approx)
85g butter, cut into pieces
4 egg yolks and a 1 whole egg

For the meringue

4 egg whites, room temperature
200g golden caster sugar
2 level teaspoons corn-flour



Method

A food processor can be used making this pastry, but try not to overwork it or the pastry will become tough. Sift the flour into your food processor add all the other ingredients turn on the machine and mix in short little bursts, keep going until pastry forms a ball. Wrap with cling-film and place in refrigerator for at least 1 hour. Roll out the pastry and line a 23cm/9in loose bottomed flan ring or several individual flan rings.

Put a baking sheet in the oven and heat oven to 200C/fan 180C/gas 6. Bake the pastry case 'blind' (filled with dry beans) for 15 minutes, then remove the foil and bake a further 5-8 minutes until the pastry is pale golden and cooked. Set aside. Lower the oven to 180C/fan 160C/gas 4.

While the pastry bakes, prepare the filling: mix the corn-flour, sugar and lemon zest in a medium saucepan. Strain and stir in the lemon juice gradually. Cook over a medium heat, stirring constantly, until thickened and smooth. Once the mixture is bubbling, remove from the heat and beat in the butter until melted. Beat the egg yolks (keep the egg white for the meringue) and whole egg together, stir into the pan and return to a medium heat. Keep stirring vigorously for a few minutes, until the mixture thickens and plops from the spoon, ensure it doesn't curdle. Take off the heat and set aside while you make the meringue.

Put the egg whites in a large bowl or mixer. Whisk to soft peaks, then add half the sugar a spoonful at a time, whisking between each addition without overbeating. Whisk in the corn-flour, then add the rest of the sugar as before until smooth and thick. Quickly reheat the filling and pour it into the pastry case. Work around the edges of the pastry inwards. Then spread so it just touches the pastry. Spread the rest of the meringue into the centre, then give it all a swirl. Return to the oven for 20 minutes until the meringue is crisp and slightly coloured. Rest the pie in the tin for 30 minutes, remove and leave until cool before slicing.

Eat the same day. The pie will be at its best for a day no more.

Other

Serves 8 or 6 good sized helpings!
Preparation time – 30 minutes
Cooking time – 45 minutes