



Lemon Meringue Cake

 Vegetarian

READY IN



230 min.

SERVINGS



10

CALORIES



748 kcal

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 1 tablespoon cornstarch
- 1 pinch cream of tartar
- 4 large egg whites
- 6 large egg yolks
- 4 large eggs at room temperature
- 3 cups flour all-purpose plus more for the pans
- 0.8 cup heavy cream

- 0.3 cup juice of lemon fresh
- 1 tablespoon lemon zest finely grated
- 0.5 teaspoon salt
- 1 pinch salt
- 0.8 cup sugar
- 1 cup sugar
- 1.5 cups sugar
- 2 sticks butter unsalted plus more for the pans at room temperature
- 6 tablespoons butter unsalted cold cut into small pieces
- 0.5 teaspoon vanilla extract
- 1 tablespoon vanilla extract

Equipment

- bowl
- frying pan
- sauce pan
- baking paper
- oven
- knife
- whisk
- sieve
- blender
- plastic wrap
- measuring cup
- serrated knife

Directions

- Whisk the sugar, egg yolks, lemon juice, lemon zest, cornstarch and salt in a small saucepan over medium–low heat; cook, whisking occasionally, until the sugar dissolves. Continue

cooking, whisking constantly, until thick, about 10 minutes.

- Whisk in the butter a few pieces at a time until melted, then strain through a fine-mesh sieve into a bowl. Press plastic wrap directly onto the surface and refrigerate until set, at least 2 hours.
- Whisk the egg whites and sugar in a heatproof bowl set over a saucepan of simmering water (do not let the bowl touch the water) until the mixture is warm and the sugar dissolves, 3 to 4 minutes.
- Remove the bowl from the pan; add the cream of tartar and vanilla and beat with a mixer on medium-high speed until stiff, glossy peaks form, 6 to 8 minutes.
- Assemble the cake: Put 1 cake layer on a platter; spread the lemon curd on top, stopping about 1/2 inch from the edge. Top with the second cake layer and press down gently. Cover the cake with the meringue, using the back of a spoon to make swirly peaks. Brown the meringue with a kitchen torch.
- Serve immediately or refrigerate up to 1 day.
- Preheat the oven to 350 degrees F. Butter two 9-inch-round cake pans and line the bottoms with parchment paper; butter the parchment and dust the pans with flour, tapping out the excess.
- Whisk 3 cups flour, the baking powder and salt in a bowl until combined. Beat 2 sticks butter and the sugar in a large bowl with a mixer on medium-high speed until light and fluffy, about 3 minutes. Reduce the mixer speed to medium; beat in the eggs, one at a time, scraping down the bowl as needed. Beat in the vanilla. (The mixture may look separated at this point.)
- Mix 1/2 cup water with the cream in a liquid measuring cup or bowl. Beat the flour mixture into the butter mixture in 3 batches, alternating with the cream mixture, beginning and ending with flour, until just smooth.
- Divide the batter between the prepared pans.
- Bake until the cakes are lightly golden on top and the centers spring back when pressed, 25 to 30 minutes.
- Transfer to racks and let cool 10 minutes, then run a knife around the edge of the pans and turn the cakes out onto the racks to cool completely.
- Remove the parchment. Trim the tops of the cakes with a long serrated knife to make them level, if desired.

Nutrition Facts



■ PROTEIN 5.42% ■ FAT 43.7% ■ CARBS 50.88%

Properties

Glycemic Index:37.73, Glycemic Load:66.38, Inflammation Score:-7, Nutrition Score:12.211739218753%

Flavonoids

Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 748.35kcal (37.42%), Fat: 36.81g (56.64%), Saturated Fat: 21.69g (135.57%), Carbohydrates: 96.46g (32.15%), Net Carbohydrates: 95.35g (34.67%), Sugar: 66.16g (73.51%), Cholesterol: 271.38mg (90.46%), Sodium: 312.56mg (13.59%), Alcohol: 0.52g (100%), Alcohol %: 0.32% (100%), Protein: 10.27g (20.53%), Selenium: 28.48µg (40.68%), Vitamin B2: 0.45mg (26.35%), Vitamin A: 1292.96IU (25.86%), Folate: 96.79µg (24.2%), Vitamin B1: 0.33mg (21.9%), Phosphorus: 166.87mg (16.69%), Iron: 2.59mg (14.39%), Manganese: 0.28mg (13.9%), Calcium: 122.85mg (12.28%), Vitamin B3: 2.29mg (11.43%), Vitamin D: 1.7µg (11.34%), Vitamin E: 1.39mg (9.29%), Vitamin B5: 0.89mg (8.94%), Vitamin B12: 0.47µg (7.83%), Zinc: 0.84mg (5.63%), Vitamin B6: 0.1mg (4.96%), Vitamin C: 4.03mg (4.88%), Copper: 0.09mg (4.73%), Fiber: 1.11g (4.44%), Potassium: 154.4mg (4.41%), Magnesium: 15.59mg (3.9%), Vitamin K: 2.99µg (2.84%)