Lemon & raspberry meringue tart

READY IN	SERVINGS	CALORIES
55 min.	12	540 kcal

DESSERT

Ingredients

- [ ] 350 g flour plain
- [ ] 200 g butter cold cut into cubes
- [ ] 100 g brown sugar
- [ ] 2 large egg yolk
- [ ] 624 g lemon curd
- [ ] 2 large egg yolk whole beaten
- [ ] 200 g raspberries
- [ ] 12 servings powdered sugar
- [ ] 4 egg whites for yolks in pastry and filling (from the eggs used)

- [ ] 140 g brown sugar white
- [ ] 1 tsp citrus champagne vinegar
- [ ] 1 tsp cornstarch

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] baking sheet
- [ ] oven
- [ ] whisk
- [ ] serrated knife

Directions

- [ ] Whizz the flour, butter and tsp salt in a processor until fine.
- [ ] Add the sugar, pulse, then tip in the egg yolks and 4 tsp cold water. Pulse to a dough, tip out onto the work surface, then quickly knead until smooth. Line a 35 x 12cm loose-bottom fluted tin (measured from the top) by pushing the pastry into the tin with your fingers. Pinch an overhang on all sides. Chill on a baking sheet chill for 30 mins.
- [ ] Heat oven to 200C/180C fan/gas
- [ ] Line the tin with baking parchment and baking beans, then bake blind for 15 mins. Take the paper and baking beans out, then bake for 10-15 mins more until golden and sandy. Allow to cool. Trim the sides using a serrated knife.
- [ ] Meanwhile, put the lemon curd into a non-stick pan, then beat in the eggs and yolks. Slowly bring to a simmer, stirring constantly, until the mix becomes really thick and dark yellow, about 10 mins. Spoon into a bowl, cover the surface with cling film and cool completely. The pastry and filling can be made up to a day ahead.
- [ ] Scatter 175g raspberries over the base, then spoon over the cooled lemon curd. Now make the meringue: whisk whites in a large, clean bowl until stiff, then add the sugar in 2 batches, whisking back to shiny, stiff peaks each time. Fold in the vinegar and cornflour. Swirl the meringue over the curd and raspberries, then bake for 10 mins until meringue is lightly golden. Cool for 20 mins, then lift out of the tin onto a serving plate. Scatter remaining raspberries over, then dust with icing sugar.

Nutrition Facts

PROTEIN **4.95%** FAT **33.48%** CARBS **61.57%**

Properties

Glycemic Index:12.58, Glycemic Load:16.34, Inflammation Score:-4, Nutrition Score:7.3608695216801%

Flavonoids

Cyanidin: 7.63mg, Cyanidin: 7.63mg, Cyanidin: 7.63mg, Cyanidin: 7.63mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 539.81kcal (26.99%), Fat: 20.21g (31.1%), Saturated Fat: 12.22g (76.4%), Carbohydrates: 83.64g (27.88%), Net Carbohydrates: 81.66g (29.7%), Sugar: 59.35g (65.95%), Cholesterol: 97.03mg (32.34%), Sodium: 289.05mg (12.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.72g (13.44%), Selenium: 15.55µg (22.22%), Folate: 66.25µg (16.56%), Manganese: 0.33mg (16.41%), Vitamin B1: 0.25mg (16.37%), Vitamin B2: 0.23mg (13.61%), Vitamin A: 503.71IU (10.07%), Iron: 1.78mg (9.91%), Vitamin B3: 1.86mg (9.31%), Fiber: 1.98g (7.91%), Phosphorus: 64.79mg (6.48%), Vitamin C: 4.37mg (5.3%), Vitamin E: 0.7mg (4.64%), Vitamin B5: 0.42mg (4.16%), Calcium: 37.26mg (3.73%), Copper: 0.07mg (3.69%), Magnesium: 13.62mg (3.41%), Potassium: 109.78mg (3.14%), Zinc: 0.43mg (2.86%), Vitamin B6: 0.05mg (2.55%), Vitamin K: 2.59µg (2.47%), Vitamin B12: 0.15µg (2.46%), Vitamin D: 0.31µg (2.04%)