



WHATSheATE



Oops, I Dropped the Lemon Tart



Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



290 kcal

DESSERT

Ingredients

- ☐ 1.5 cups confectioners' sugar
- ☐ 5 large egg yolks at room temperature
- ☐ 3.5 cups flour all-purpose
- ☐ 1 cup heavy cream
- ☐ 0.3 cup juice of lemon freshly squeezed
- ☐ 2 lemon zest finely grated
- ☐ 10 stems lemongrass smashed (bottom third only, tough outer layers removed)
- ☐ 0.3 cup limoncello

- ☐ 1 teaspoon ground spices black such as star anise, cinnamon, juniper, cardamom, or pepper
- ☐ 0.5 cup sugar
- ☐ 0.8 pound butter unsalted chilled cut into tablespoons and
- ☐ 3.3 cups milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ rolling pin
- ☐ ice cream machine
- ☐ tart form

Directions

- ☐ Fill a sink or large stainless steel bowl with ice and arrange a second slightly smaller bowl on top of the ice.
- ☐ In a heavy medium saucepan over moderate heat, combine the milk, cream, sugar, lemongrass, and lemon zest. Cook, stirring often with a wooden spoon, until an instant-read thermometer registers 160°F.
- ☐ Pour through a fine-mesh sieve into the stainless-steel bowl set over ice.
- ☐ Let the mixture cool, whisking occasionally, until chilled.

- ☐ Process custard in an ice cream maker then transfer to an airtight container and freeze until hard, at least 4 hours and up to 1 week.
- ☐ In a large bowl, stir together the flour and confectioners' sugar.
- ☐ Add the spices, if desired, and stir to incorporate.
- ☐ Add the butter and, using your fingertips or 2 knives, work it into the flour and confectioners' sugar until the mixture resembles coarse meal.
- ☐ Add the egg yolks and use your hands to mix the dough until it comes together. Divide the dough in half then knead each piece lightly and form into disks. Wrap the dough in plastic wrap and chill it in the refrigerator for 10 minutes.
- ☐ Arrange a rack in the lower third of the oven and preheat to 350°F.
- ☐ On a lightly floured surface with a lightly floured rolling pin, roll 1 piece of dough into a 14-inch round. Fold the dough in half, fold it in half again, and then unfold it into an 11-inch tart pan. Using your fingertips, gently fit the dough into the bottom and sides of the tart pan, then use a small sharp knife to trim any excess dough. Using a fork, prick the bottom of the tart shell all over then freeze for 10 minutes. Repeat with the second piece of dough.
- ☐ Line the tart shells with foil, fitting the foil into the bottom edges, and then fill each with about 1 cup pie weights or dried beans.
- ☐ Bake the shells in the lower third of the oven for about 30 minutes, until golden.
- ☐ Let cool completely then remove the foil and weights.
- ☐ In a large saucepan, bring 1 inch of water to a simmer.
- ☐ In a large copper or stainless steel bowl, combine the egg yolks and sugar and use a whisk to beat until thickened and light yellow in color.
- ☐ Place the bowl over the pan of simmering water and turn off the heat. Gradually beat in the lemon juice, followed by the limoncello. Start beating more vigorously and continue beating until the zabaione is fluffy.
- ☐ Layer the ice cream and zabaione into the tart shells. You can serve the dessert like Chef Bottura does, upside down and somewhat smashed, or you can serve right side up.
- ☐ Printed with permission of Massimo Bottura, chef of three-Michelin-starred Osteria Francescana, in Modena, Italy. Photo: Paolo Terzi.

Nutrition Facts



 PROTEIN **5.53%**  FAT **53.88%**  CARBS **40.59%**

Properties

Glycemic Index:8.96, Glycemic Load:13.57, Inflammation Score:-4, Nutrition Score:5.8169565097145%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 290.15kcal (14.51%), Fat: 17.29g (26.59%), Saturated Fat: 10.55g (65.93%), Carbohydrates: 29.3g (9.77%), Net Carbohydrates: 28.72g (10.44%), Sugar: 14.48g (16.09%), Cholesterol: 83.9mg (27.97%), Sodium: 19.25mg (0.84%), Alcohol: 0.79g (100%), Alcohol %: 1.02% (100%), Protein: 4g (7.99%), Selenium: 9.32µg (13.32%), Manganese: 0.25mg (12.42%), Vitamin A: 605.58IU (12.11%), Vitamin B1: 0.17mg (11.53%), Vitamin B2: 0.18mg (10.81%), Folate: 41.5µg (10.38%), Phosphorus: 78.52mg (7.85%), Iron: 1.15mg (6.37%), Vitamin D: 0.93µg (6.17%), Calcium: 60.55mg (6.06%), Vitamin B3: 1.15mg (5.76%), Vitamin B12: 0.29µg (4.79%), Vitamin E: 0.54mg (3.63%), Vitamin B5: 0.36mg (3.57%), Potassium: 105.57mg (3.02%), Zinc: 0.43mg (2.88%), Magnesium: 10.75mg (2.69%), Vitamin B6: 0.05mg (2.42%), Fiber: 0.57g (2.3%), Vitamin C: 1.74mg (2.11%), Copper: 0.04mg (2.05%), Vitamin K: 1.62µg (1.55%)