



GF Friendly

Lemon Meringue Pie

tangy lemon filling topped with meringue

200-220g shortcrust pastry
3 Tbsps cornflour
150ml water
juice and grated rind of 2 small lemons
100g granulated sugar
2 eggs, separated
75g caster sugar



Blind bake* the pastry on 220°C (200°C fan-forced) for 15 minutes, covering exposed edges with foil to avoid burning. Remove paper and rice, but keep edges covered. Return to oven for a further 5 minutes. The example in the picture was made **gluten-free**. You'll find the GF pastry recipe and method in January's Healthy Living HL15 article.

Mix cornflour with water in a saucepan, add lemon juice and grated rind. Bring slowly to the boil, stirring continuously until the mixture thickens. Now add the granulated sugar. Remove from the heat, cool slightly and stir in the egg yolks. Pour into the cooled pastry case.

Whisk the egg whites until stiff and the meringue stands in peaks. Now whisk in half the caster sugar and finally fold in the rest. Pile the topping on pie and bake on 170°C (155°C fan-forced) for 10-15 minutes until meringue is golden and crispy. Depending on your oven, temperature and times may need adjusting – for a soft topping use slightly higher temp and shorter cooking time; for a crisp meringue, reduce the temperature a bit and cook longer.

** Put pastry into dish and cover with baking paper. Spread about ½ cup of uncooked rice over this to keep the pastry flat. Afterwards, the rice will no longer be any good for eating, but can be used many times over for blind baking.*

A Season of Happiness - helping you towards a better lifestyle

For a look at some more informative articles on a variety of subjects just click on the navigation bar



Focus



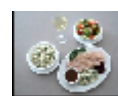
Money Matters



Healthy Living



eBook previews



Recipes



Popcorn