

# LEMON TART



# FOOD SERVICE



A restaurant classic, very simple, fantastic to eat and always popular. The sharpness of the lemon is in perfect balance with the sugar, the eggs and the cream – this creates a velvety texture which can't be beaten.

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# LEMON TART



SERVES 8

## INGREDIENTS

		Approx Unit Price	Approx Ingredient Cost
<b>Pastry:</b>			
225g	plain flour	0.00160	\$0.36
	pinch of salt	n/a	n/a
150g	butter, cut into small cubes	0.00840	\$1.26
75g	<b>Chelsea Icing Sugar</b>	0.00261	\$0.20
1	egg	0.20000	\$0.20
1	egg yolk	0.20000	\$0.20
<b>Filling and topping:</b>			
8	eggs	0.20000	\$1.60
350g	<b>Chelsea Caster Sugar</b>	0.00262	\$0.92
400g	lemons, juice and grated zest (approx 4 lemons with 300ml lemon juice)	0.00900	\$3.60
300ml	cream	0.00400	\$1.20
	<b>Chelsea Icing Sugar</b> to serve	n/a	n/a

## METHOD

**To make pastry:** Put pastry ingredients into food processor and pulse until combined and forms a firm dough.

Turn out and knead lightly until well combined - do not overwork. Wrap in cling flim and rest in chiller for 30 minutes.

**Filling:** Whisk together eggs and sugar until combined. Whisk in lemon juice and zest, then whisk in cream until just combined. Pour mixture into a jug.

**Blind bake pastry:** Preheat oven to 180°C. Roll out pastry thinly and line a 24cm flan tin with it. Prick base lightly with a fork to prevent rising. Line pastry with baking paper and fill with baking beans. Bake for 15-20 minutes until light golden brown, then remove beans and paper and continue to blind bake a few more minutes to dry out pastry.

**Bake:** Reduce oven temperature to 150°C.

Carefully pour the lemon tart mixture into the baked pastry case and bake 30-40 minutes until just set in centre (there should be a very slight wobble in the centre when lightly shaken).

Remove and allow to cool completely before turning out. To serve, cut into portions and dust liberally with icing sugar.

## RECIPE VARIATIONS

- Lemon Brulée Tart - make tart as usual. Caramelise top to order – dust generously with icing sugar and caramelise with a blow torch.
- Citrus Tart - replace half the lemon juice with a mixture of citrus juices (orange, lime, grapefruit etc). Note: reduce sugar level to compensate for extra sweetness.
- Passion Fruit Tart - replace the lemon juice with strained passion fruit pulp. Add juice of 1 lemon as well.

<b>TOTAL COST</b>	<b>\$9.54</b>
<b>COST PER PORTION</b>	<b>\$1.19</b>
<b>GROSS PROFIT %</b>	<b>70%</b>
<b>SALES TAX</b>	<b>15%</b>

<b>MIN. SELLING PRICE</b> (per portion)	<b>\$4.57</b>
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Costs based on average wholesale prices at July 2010

## SOME KEY POINTS TO REMEMBER:

- There must be no holes in the pastry, otherwise the lemon mixture will leak out.
- Let the pastry overhang the edges until cooked. Trim carefully after tart is cooked by running a serrated knife along the top.
- Do not overcook the tart – it should have a very slight wobble in the centre when done.
- Allow to cool slowly and do not unmoild too soon to avoid the tart cracking.

## PROFIT

- Very low cost - approx \$1.19+GST per portion, suggest a selling price of over \$4.50 (incl GST) to yield more than 70% gross profit.

## NUTRITION

- Lemon juice is a good source of vitamin C.
- Contains gluten, dairy and eggs.

## SERVICE

- Will grace any dessert menu – accompany with a quenelle of crème fraîche and some fresh berries – keep garnish very simple
- Portion and display in café food cabinet.