

Lemony Lemon Tart



This weeks recipe inspiration (made by Denise) came from the Home Beautiful magazine. A deliciously lemony lemon tart with all the trimmings. This is a no holds barred dessert that will have your tastebuds singing with the lemon zing. Enjoy.

Ingredients:

Almond Quinoa Pastry

1/2 cup organic rolled quinoa

1/2 cup blanched almond meal

1/2 cup organic unbleached plain flour

1/3 cup organic wholegrain plain flour

100g butter, chilled and cubed

1 egg

2-3 teaspoons cold water

Filling

3-4 lemons (to taste), zest only grated (with no white pith)

2 tablespoons raw sugar

60g (2 tablespoons) of honey

3/4 cup lemon juice

2 teaspoons cornflour

150ml coconut milk

3 eggs

3 egg yolks

Method:

1. Preheat oven to 180°C (160°C fan forced). Grease a pie dish or loose bottom tart tin and set aside.
2. Place the rolled quinoa in a food processor or high powered blender and process until finely chopped.
3. Add the almond meal, flours and butter and process until the mixture resembles fine bread crumbs.
4. Add the egg and water and process until the mixture just comes together.
5. Transfer the pastry onto a large, lightly floured sheet of baking paper or a lightly floured work surface. Using a rolling pin, roll out the pastry (2-3 mm thickness) then drape the pastry over the rolling pin, gently removing baking paper and ease pastry into a prepared dish. Gently press the pastry into sides repairing any splits. Trim the overhanging edges with a knife and place the pastry tin into the refrigerator for 10 minutes to firm up.
6. Line the pastry with baking paper and fill with rice, dried beans or pie weights. Place the dish onto a baking tray and bake in the oven for 10-15 minutes. Remove baking paper and weights and bake for a further 10-15 minutes or until lightly golden. Set aside to cool completely.
7. Place the lemon zest and sugar into a food processor or high powered blender and process until the sugar is an almost powdered consistency.
8. Add the honey, lemon juice, cornflour, coconut milk, eggs and egg yolk and process until well combined.
9. Place the tart tin (with the pastry) on a baking tray for stability. Strain the mixture through a sieve into the cooled pastry case. Bake for 20-25 minutes or until just set. Allow the tart to cool completely in the tin before serving (or refrigerate if preferred). Enjoy!