



Traditional Lemon Meringue Pie

Serves: 12

TASTE OF WINTER FACT

As with many dishes, lemon meringue pie origins are disputed, with France and America claiming its invention. What is known is that French chefs were covering fruit desserts with baked meringue as far back as the 18th century, with references to it appearing in Menon's 1769 cookbook. However, the name lemon meringue pie first appeared in America in 1869, when pastry chef, Elizabeth Goodfellow topped her lemon pudding with meringue to use up the leftover egg whites from making the pie's filling. Regardless of its origin, there is no doubt that this delicious dessert has stood the test of time and is a delicious treat to share with family and friends.

INGREDIENTS

- As Required - Canola Spray Oil
- 500gm Arrowroot Biscuits - finely crush.
- 300gm Unsalted Butter - cut into 2cm dice and melt.
- 655gm Condensed Milk
- 5 Eggs - yolks only, beat.
- 3 1/2 Medium Lemons - rinse and finely zest.
- 200ml Lemon Juice
- 6 Eggs - egg whites only.
- 240gm Caster Sugar

METHOD

1. Pre-heat an oven to a moderate temperature - 160°C.
2. Lightly spray oil the base and sides of a 25cm diameter and 3 1/2 cm deep, fluted, loose base tart tray.
3. In a mixing bowl, add the crushed biscuits and melted butter, and mix until combined.
4. Evenly press the biscuit mixture onto the tart tray base and sides to an approximate 1/2 cm thickness, then place it into a refrigerator for 1 hour to allow the biscuit mixture to firm up.
5. In a mixing bowl, add the condensed milk, egg yolks, lemon zest and lemon juice, whisk to combine, then place to one side.
6. In the bowl of a mixer, add the egg whites, using a balloon whisk, beat until soft peaks form. Then, while beating, gradually add the caster sugar in small quantities, ensuring it has fully dissolved before adding the next quantity. Set to one side.
7. Remove the tart tray from the refrigerator, evenly pour the condensed milk mixture onto the biscuit base, then evenly distribute and smooth it out with a spatula.
8. Using a spoon, evenly top the condensed milk mixture with dollops of the meringue, ensuring its surface is completely covered.



9. Place the pie into the oven and bake for 20 minutes or until the meringue mixture is firm and has lightly browned in spots.
10. Carefully remove the pie from the oven, place onto a cooling rack and allow it to cool to room temperature. Once cool, place it into a refrigerator for 2 hours to allow it to firm up.

TO SERVE

Remove the lemon meringue pie from the refrigerator and then carefully remove the pie from the tart tray. Allow the pie to stand for 30 minutes to warm to room temperature before slicing and serving - it will taste better!