



ROSHANA,
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West Sussex coast



Roshana making her lemon curd filling

Roshana's Lemon Curd Meringue Tart with Raspberry Sorbet

Serves 2

PASTRY

100g plain flour
50g butter
10g sugar
1 – 2 tbsp cold water

LEMON CURD

1 lemon, grated rind and juice
60g caster sugar
1 large organic Rookery Farm egg*
80g unsalted butter, diced

MERINGUE

1 large egg white
30g caster sugar

RASPBERRY SORBET

110g granulated sugar
150ml water
400g local raspberries
1 large egg white

PASTRY

1. Pre heat oven 200°C/Gas mark 6 and lightly grease 2 x 10cm flan tins.
2. Measure flour into a bowl and rub in the butter until the mixture resembles breadcrumb.
3. Stir in the sugar and add the cold water gradually, mixing to form a dough.
4. Roll out the pastry on a floured surface, line the 2 flan tins. Prick the bottom of the pastry, line with baking paper and baking beans.
5. Place on a baking sheet and bake for 10 – 12 minutes. Remove the baking beans and cook for a further 5 minutes. Remove and cool.
6. Turn the oven temperature down to 180°C/Gas Mark 5.

LEMON CURD

7. Put the lemon rind and sugar in a bowl.
8. In a separate bowl whisk the whole egg, add the lemon juice, and pour the mixture over the rind and sugar.
9. Add the butter and place the bowl over a pan of simmering water. Cook slowly until the mixture coats the back of the spoon.
10. Pour the mixture into the pastry cases.

MERINGUE

11. Whisk the egg white in a large bowl until it forms stiff peaks.
12. Gradually beat in the caster sugar until the mixture is glossy.
13. Pipe the meringue on top of the lemon filling.
14. Bake for 10 – 15 minutes until golden brown.

RASPBERRY SORBET

15. Put the sugar and water into a saucepan. Heat gently to dissolve the sugar.
16. Bring to the boil for 6 – 8 minutes until a syrup has formed. Remove from heat and leave to cool.
17. Press the raspberries through a sieve to form a purée.
18. Whisk the egg whites until stiff. Mix together the purée and syrup, fold in the egg white thoroughly.
19. Pour into an ice cream machine, and follow manufacturer's instructions.
20. Serve the tart with scoops of raspberry sorbet and fresh raspberries.



KEEPING IT LOCAL

Organic Rookery
Farm Eggs

*Available from The
Co-operative Local Flavours range



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