

Lemon and Shortbread Tarts

Ingredients:

Shortbread Base:

½ cup butter – at room temperature – cut in cubes
½ cup icing sugar
1 cup gluten free flour*

After the Blind Bake

1 to 2 egg whites

Lemon Filling

2 egg yolks
1 tbsp lemon zest (from approx. 2 lemons)
¼ cup lemon juice (from approx. 2 lemons)
¾ cup sugar
3 tbsp cornstarch
1 cup water
1.5 tbsp butter

*I like the [Namaste Gluten Free Perfect Flour Blend](#).

Prep Time:

2 hours

Cook Time:

60 minutes

Total Time:

2 hours



Directions

Mix all the ingredients together in a mixer and mix well.

Prepare a small tart pan, I like the one that has 12 tarts. This recipe will make close to 24 tarts; or 12 tarts and a few extra pieces of shortbread, just because. Form a small ball that covers most of the base of one tart and press into the individual tart pan.

Do a “blind bake”. Cut small square or rounds of parchment paper and place in each tart. Fill with beans or weights for baking. This will help to reduce the “puffing” of the shortbread. Bake for 10 minutes, at 375, until the shortbread is a light brown.

Take out of the oven and remove the parchment and beans/weights.

Puncture the shortbread with a fork to release the steam. Paint the shortbread lightly with egg whites. Bake for another 5 minutes. Remove from oven and let cool.

Lemon and Shortbread Tarts - continued

Prepare the Lemon Filling

Directions:

1. Clean your lemons.
2. Using your grater and the finer setting, grate the lemon to get your lemon zest.
3. Find a bowl and put a sieve in it. Cut your lemons in half and then manually squeeze these lemons into the sieve on top of the bowl. This will help to catch any of the seeds.
4. Place water, sugar, butter in a bowl and heat this up. Add egg yolks, lemon zest and juice, and cornstarch while mixing on low to medium heat. Once the cornstarch is well mixed turn off the heat. Continue to whisk the mixture. As I do like a tart lemon filling please do taste. If it tastes too tart, add more sugar. If the mixture is too runny, then small amounts of cornstarch. Continue to whisk and taste.
5. The mixture should thicken nicely.
6. Once the mixture is the desired consistency, carefully spoon into the cooked shortbread shells. Then bake for another 5 minutes. Take out of the oven and let cool in the tart pan.
7. Remove from tart pan once these have cooled for 30 minutes.
8. The best results are when you prepare the filling a few hours before you will serve the lemon tarts.

These go really well with afternoon tea.