

Gluten Free Lemon 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 egg white

Lemon Filling

3 egg yolks
1 tbsp lemon zest (from approx. 3 lemons)
¾ cup lemon juice (from approx. 3 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:

30 minutes

Total Time:

90 minutes



Directions

1. For the Shortbread base, soften the butter. Then add the icing sugar and gluten free flour. Mix until this becomes like small balls.
2. Prepare a small tart pan, I like the one that has 18 tarts. This recipe will make close to 18 tarts. Form a small ball that covers most of the base of one tart and press into the individual tart pan.
3. Puncture the shortbread with a fork to release the steam.
4. 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.
5. Take out of the oven and remove the parchment and beans/weights. Then press the shortbread into the pan, once more.
6. Paint the shortbread lightly with egg whites. Bake for another 5 minutes. Remove from oven and let cool.

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 quarters 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. If you have any remaining lemon sample this with sugar cookies. It is divine.
7. Then bake for another 5 minutes. The lemon mixture should bubble. Take out of the oven.
8. Let the tarts cool in the pan for 2 hours.
9. Once cooled removed from the pan with a knife.
10. Then put in a container. These can be stored for up to a week in the fridge.

These go really well with afternoon tea.