

World Gourmet Summit 2006
Culinary Workshop and Luncheon
The Grand Hyatt, Singapore

25 April 2006 / 10.00am to 2.30pm

LEMON TART

Presented by:
Guest Chef Kevin Thornton

Serves 8
Ingredients

Lemon Tart

250ml Lemon juice
50ml Orange juice
150g Icing sugar
7 Whole eggs
100g Butter, diced

Pâte Sablé

500g Flour
125g Icing sugar
2 Vanilla pods
10g Salt
250g Butter, diced and chilled
4 Egg yolks

Sorbet Base

550ml Water
650g Sugar
5g Glucose
1 kg Cassis puree
Lemon juice, to taste
Mint leaf, for garnish

Candied Lemon Peel

4 Lemons
100 g Sugar
500 g Water



Method

1. For the lemon tart: Add all the ingredients into a saucepan and whisk. Place the pan on the stove and cook until the eggs begin to coagulate. Mix well and remove from the heat to allow it to cool.
2. For the pâte sablé: Mix the flour, icing sugar, vanilla pod/powder and salt in a mixing bowl with a spade attachment. Add the chilled diced butter and mix until it resembles fine breadcrumbs. Gradually add in the egg yolks until it begins to form into dough. Remove dough from the bowl and portion into 300g blocks and wrap in cling film and chill. Fold into 3, this is the first turn. Give the pastry a one quarter turn and again roll it away from you into a rectangle. Fold in 3. This is the second turn. Wrap in cling film, refrigerate and rest for ½ hour. Give the pastry 2 more turns and allow rest for ½ hour. Follow with another 2 turns. This will give you a total of 6 turns. Bake blind at 180°C until cooked, approximately 15-20 minutes.
3. Sorbet Base: Heat the water, sugar and glucose in a saucepan. Add the cassis purée and bring mixture to a boil. Finish it with the lemon juice and set aside to cool and then chill in the refrigerator. Remove and churn in a sorbet machine.
4. Candied lemon peel: Peel lemon and slice very thinly removing the pith. Bring water to the boil and stir in sugar until dissolved. Add in julienne lemon peel and simmer gently until liquid is reduced to a thick syrup. Remove lemon julienne and set aside to dry.
5. To serve: Place a slice of lemon tart in the middle of a plate and place a teaspoon of candied lemon peel on one side. Place lemon sorbet the other side and garnish with a mint leaf.