

Baked Lemon Tart (Christophe Adam)

Ingrédients

- 180g of T55 flour
- 50g of potato starch
- 90g of icing sugar
- 1g of vanilla powder or 1 vanilla pod scraped
- 30g of almond powder
- 1g of fine salt
- 95g of unsalted butter
- 50g of whole egg (about 1 egg)
- 200g of granulated sugar (I used 175)
- 300g of whole eggs (about 6 eggs)
- 160g of yellow lemon juice
- 160g of thick cream with 35% fat

Préparation

1. I found this recipe on the website l'Académie du Goût, a lemon tart but not classic at all.
2. This one consists of a filling that bakes in the oven, resulting in a thick tart like a flan, with a creamy and lemony texture and a nice crispy crust.
3. I explain it to you below, I did not follow the sweet pastry recipe, I think you can make this cake with the pastry of your choice as long as you pre-bake it.
4. I used a small leftover of hazelnut sweet pastry (which pairs very well with lemon) for this tart.
5. I didn't have much, so I simply made a circle of pastry that I placed at the bottom of my ring (like for a cheesecake) and pre-baked it for about twenty minutes.
6. I still give you the original recipe and the steps to follow here: Cream the butter with the icing sugar and vanilla.
7. Add the salt and almond powder.
8. Incorporate the egg, then finally the flour and potato starch.
9. Refrigerate the dough for at least 30 minutes, then roll it out and line a ring of 18cm in diameter and 4 to 5cm in height.
10. Place the ring in the freezer for at least 20 minutes.
11. Then, preheat the oven to 180°C, place aluminum foil inside the tart base, cover with rice (or dried peas, ceramic beads...) and bake for 20 minutes.
12. Remove the rice and aluminum foil, and bake again at 130°C until the pastry is dry and golden brown.
13. The zest of 2 yellow lemons of granulated sugar (I used 175) of whole eggs (about 6 eggs) of yellow lemon juice of thick cream with 35% fat Mix the sugar with the lemon zest (you can do this in advance, your tart will be even more fragrant).
14. Add the eggs, whisk well, then incorporate the lemon juice.
15. Take a little of this mixture and mix it with the thick cream to loosen it.
16. Then, pour it back into the main mixture and stir until you have a smooth cream.
17. Pour into the baked tart shell, skim the surface to remove large bubbles.
18. Bake again at 130°C for 40 to 45 minutes.
19. Let it cool completely before unmolding.

