

# KITS SUURLEMOENVLATERT



500ml melk

100ml suiker

25ml vlapoeier

10ml botter

100ml suurlemoensap

397g (1 blik) kondensmelk

1 $\frac{1}{4}$  pak Tennisbeskuitjies

Maak vla van die melk, suiker en vlapoeier. Voeg die botter daarby en laat dit effens afkoel. Klits die suurlemoensap en kondensmelk saam. Pak 'n laag beskuitjies in 'n reghoekige bak. Gooi helfte van die gekondenseerde melkmengsel daarop en smeer gelyk. Pak weer 'n laag beskuitjies bo-op en gooi die helfte van die loutwarm vla daaroor. Herhaal die lae. Rasper van die beskuitjies bo-oor en laat dit goed afkoel

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## Lemon Souffle



This is such a simple recipe and most of us run away from the idea of soufflés, the most important thing is the time factor, from the oven to the table:

#### Ingredients

Lemon pastry cream

4 large egg yolks

1 cup whole milk

1/2 cup strained lemon juice + zest of 2 lemons

1/2 cup granulated sugar

3 Tb cornstarch

1/4 tsp salt

1 Tb unsalted butter

1 tsp vanilla extract

meringue

8 large egg whites

1/2 tsp cream of tartar

1/4 cup confectioners' sugar + more for dusting

#### Instructions

Pre-heat oven to 180 degrees C and position oven rack to the lower 2/3.

Make the lemon cream: In a medium pot, whisk together the egg yolks, milk, lemon juice and zest, cornstarch and salt. Over medium heat, whisk until the mixture begins to bubble, about 3-4 minutes. It will continue to get thicker, but constantly whisk it. Continue until it is very thick.

Turn heat off and whisk in the butter and vanilla extract. Transfer the hot cream mixture to a large bowl filled with ice

to help cool down the mixture. Whisk every few minutes until it gets to room temperature.

Make the meringue (egg whites): In a stand mixer fitted with a whisk attachment, add egg whites. Start on low and work to medium speed. You will see the egg whites begin to "break up" and start to get foamy. Add cream of tartar and continue whisking.

Continue whisking and gradually get a little faster. When whites are starting to form and are at "soft peaks" add confectioners sugar slowly, about 1Tb at a time while the whisk is going. Continue whisking until "stiff peaks" form.

Next, place the egg whites and pastry cream bowl next to each other. Using a large, soft spatula take a large dollop of cream mixture and add it to the egg whites. Do not mix heavily, you want to FOLD it in. Fold by taking your spatula to the side under-up. You will see streaks of yellow and continue folding gently. Add the rest of the cream mixture about 1/2c at a time until incorporated.

For the molds: Grease a 6cup mold with softened butter all over and dust with powdered sugar.

\*This recipe is enough for a 6cup mold plus 2 small individual molds.

Make the collar: Tear a long enough piece of tin foil that is long enough to wrap around the mold. Fold in half so it is not "too tall". Grease the inside of the foil with butter and wrap around mold, securing at handles.

Pour the souffle mixture into the dish and level off the top. Wrap the foil around the mould. (Easier after your pour mixture in).

Bake at 375 for exactly 20 minutes. No peeking! When done, dust with powdered sugar.

Enough for a 6 cup mould + 2 small individual molds.

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# Suurlemoen tert



1 pak tennis biscuits. 2 blikkies kondens melk ,500 ml room  
1/2 koppie suurlemoensap. Klits dit alles saam tot dik en  
gebruik tennis biscuit en pak in lae. Laat dit stol in yskas  
Vreeslik lekker

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# Creamy Lemon Tart



## Ingredients:

### Creamy Lemon Tart

- 1 1/2 Cups gluten free plain flour
- 1/4 cup caster sugar
- 1 teaspoon gluten free baking powder
- 90g butter, chopped
- 1 egg, lightly beaten
- 1-2 tablespoons cold water
- 250g PHILADELPHIA Block Cream Cheese, softened
- 3/4 cup caster sugar, extra
- 1/2 cup cream
- 4 eggs, extra, lightly beaten
- Finely grated rind and juice of 2 lemons
- Cream, extra, for serving

## Method:

### Creamy Lemon Tart

1. PLACE the flour, sugar, baking powder and butter in a food processor and process just until the mixture resembles breadcrumbs. Add the egg and process briefly to combine, adding water if necessary
2. TURN onto a lightly floured surface and gently knead to form a soft dough. Wrap in plastic wrap and chill for at least 30 minutes
3. ROLL out pastry between 2 sheets of baking paper to line a 26cm round fluted tart pan with a removable base. Use a fork to prick the base well and bake in a hot oven 200°C for 8-10 minutes or until lightly golden
4. BEAT the PHILLY and extra sugar until smooth. Beat in the extra eggs then fold through the cream, rind and juice. Pour the mixture into the pastry shell
5. BAKE in a moderate oven 180°C for 20 minutes or until the filling has set. Cool in the pan before removing. Serve with a dollop of cream

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# Lemon Meringue



## Pie Crust Shells:

Preheat oven to 180°C

Melt 100gms Grassfed Butter, set aside to cool a little.

Mix together 1 Cup Hazelnut Meal, 1/2 Cup Almond Meal, 1 Tablespoon Coconut Flour & 2 Tablespoons Xylitol.

Whisk 1 egg with cooled melted butter then stir through dry ingredients until well combined.

Divide into 4 and press into 4 greased 12cm flan tins. Bake in oven for 10-15 minutes.

## Lemon Curd:

Place 125g butter and zest of 2 lemons into a saucepan on low heat until butter is melted. Combine juice of 2 lemons and 1/2 Cup of Xylitol and stir to dissolve. Add this to the melted butter and whisk well. Off the heat pour the lemon butter mix a little at a time into a bowl with 6 egg yolks. Whisk continuously as you add all the liquid. Return everything to the saucepan over low heat and whisk until curd thickens. Strain curd to remove any lumps and zest then spoon into pie crust shells.

Meringue:

Beat 2 egg whites on medium speed until soft peaks start to form. Add in a splash of vanilla extract and 2 Tablespoons of Xylitol (added gradually) and continue beating until smooth and glossy. Finally add 1/4 Teaspoon Cream of Tartar and combine.

Pipe meringue on to lemon curd and bake pies at 180° until meringue is golden.

Enjoy with a generous serve of cream.

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## LEMON-POLENTA-CAKE



## Ingredients

### for the cake

- 200 grams soft unsalted butter (plus some for greasing)
- 200 grams caster sugar
- 200 grams ground almonds
- 100 grams fine polenta (or cornmeal)
- 1  $\frac{1}{2}$  teaspoons baking powder (see NOTE below)

- 3 large eggs
- zest of 2 lemons (save juice for syrup)

## for the syrup

- juice of 2 lemons
- 125 grams icing sugar

## Method

1. Line the base of a 23cm / 9inch springform cake tin with baking parchment and grease its sides lightly with butter.
2. Preheat the oven to 180°C/gas mark 4/ 350°F.
3. Beat the butter and sugar till pale and whipped, either by hand in a bowl with a wooden spoon, or using a freestanding mixer.
4. Mix together the almonds, polenta and baking powder, and beat some of this into the butter-sugar mixture, followed by 1 egg, then alternate dry ingredients and eggs, beating all the while.
5. Finally, beat in the lemon zest and pour, spoon or scrape the mixture into your prepared tin and bake in the oven for about 40 minutes.
6. It may seem wibbly but, if the cake is cooked, a cake tester should come out cleanish and, most significantly, the edges of the cake will have begun to shrink away from the sides of the tin. remove from the oven to a wire cooling rack, but leave in its tin.
7. Make the syrup by boiling together the lemon juice and icing sugar in a smallish saucepan.
8. Once the icing sugar's dissolved into the juice, you're done.
9. Prick the top of the cake all over with a cake tester (a skewer would be too destructive), pour the warm syrup over the cake, and leave to cool before taking it out of its tin.



NOTE: to make this cake gluten-free, make sure to use gluten-free baking powder, or omit the baking powder altogether and beat the batter exuberantly at step 4.

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## **PINEAPPLE CONDENSED MILK TART**



1 x ready made pie crust (or if you wish make your own)  
1 Tin Condensed Milk  
300ml Cream  
1 can crushed Pineapple  
Half a cup Lemon Juice

Combine Condensed Milk and Lemon Juice in a bowl  
Drain juice from crushed pineapple and mix into condensed milk  
Whip cream stiffly and fold slowly to mixture  
Pour into crust and refrigerate

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## **Lemon tart**



By  
Michele Lally

## Ingredients

- 2 lemons, zested, juiced
- 115 g unsalted butter, melted, cooled
- 3 eggs
- 150 g ( $\frac{2}{3}$  cup) caster sugar
- 35 g ( $\frac{1}{4}$  cup) plain flour, sifted
- 1 **tbsp** cornflour, sifted
- pure icing sugar, to dust
- segmented citrus fruit and mint leaves, to decorate

### Sour cream pastry

- 100 g cold unsalted butter, chopped
- 150 g (1 cup) plain flour, plus extra, to dust
- 70 g sour cream

## Cook's notes

Oven temperatures are for conventional; if using fan-forced (convection), reduce the temperature by 20°C. | We use Australian tablespoons and cups: 1 teaspoon equals 5 ml; 1 tablespoon equals 20 ml; 1 cup equals 250 ml. | All herbs are fresh (unless specified) and cups are lightly packed. | All vegetables are medium size and peeled, unless specified. | All eggs are 55-60 g, unless specified.

# Instructions

For this deliciously tangy tart, you will need a 24 cm tart pan with removable base.

**Drink match** 2009 Glenguin The Sticky Botrytised Semillon, Hunter Valley, NSW (\$25)

To make pastry, place butter and flour in a food processor and pulse until mixture resembles breadcrumbs. Add sour cream and continue to pulse until mixture just starts to come together. Shape into a disc, wrap in plastic wrap and refrigerate for 30 minutes.

Preheat oven to 200°C. Roll out pastry on a lightly floured work surface until 3 mm-thick. Use to line tart pan, leaving plenty overhanging as pastry will shrink when baked. Refrigerate for 30 minutes. Prick all over using a fork, cover with baking paper and fill with dried beans or rice. Bake for 10 minutes, remove beans and paper, then bake for a further 10 minutes or until pastry is light golden and dry to touch. Remove from oven and set aside to cool for 10 minutes.

Meanwhile, to make filling, place lemon zest and juice, butter, eggs, sugar, flour and cornflour in a bowl and whisk until smooth.

Reduce oven to 180°C. Pour filling into shell and bake for 20 minutes or until centre is just set. Cool for 10 minutes. Remove from pan.

Dust tart with icing sugar and decorate with fruit segments and mint. Serve warm or cold.

*Photography John Laurie*

*As seen in Feast magazine, November 2013, Issue 26.*

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# Creamy Lime n Lemon Squares



Adapted from Martha Stewart's Lime Squares with Pistachio Graham-Cracker Crust

## Ingredients

### For The Crust

4 tablespoons (1/2 stick) unsalted butter, melted and cooled, plus more for pan

2/3 cup almond flour or ground nuts (any you prefer)

1 cup tennis biscuit crumbs

1/4 cup sugar

1 tablespoons grated lime zest

### For The Filling

2 large egg yolks

1 can (420g) sweetened condensed milk

1/2 cup fresh lime juice (around 5 medium limes)

2 tablespoons fresh lemon juice (around 1 medium lemon)

## Directions

1. Preheat oven to 180 degreesC. Brush a 20cm square baking

dish with melted butter. (This step is important because it will make it easy for you to remove the parchment paper later.) Line bottom with parchment paper, leaving a 5cm overhang on two sides.

2. To make the crust: Whisk almond flour/ground nuts with biscuit crumbs, sugar, and zest. Mix in butter. Press mixture into bottom and 2,5cm sides of prepared pan. Bake until lightly browned, 8 to 12 minutes. Cool crust, 30 minutes.

3. To make the filling: In a large bowl, whisk together egg yolks and condensed milk. Add lime juice and lemon juice; whisk until smooth. Pour filling into cooled crust; carefully spread to edges.

4. Bake until set, about 15 minutes. Cool in pan on rack; then chill at least 1 hour before serving. Using parchment paper overhang, lift out of pan, and transfer to a cutting board. With a serrated knife, cut into 16 squares, wiping knife with a damp kitchen towel between each cut.

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## Lemon Chess pie



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1 (22cm) pie shell

2 cups white sugar

1/2 cup butter, softened

5 eggs, beaten

1 cup milk

1 tablespoon all-purpose flour

1 tablespoon cornmeal

1/4 cup fresh lemon juice

3 tablespoons lemon zest

#### Directions

- 1.Preheat oven to 350 degrees F (175 degrees C).
- 2.In a large mixing bowl, cream together sugar and butter or margarine until light and fluffy. Beat in eggs and milk. Add flour, cornmeal, lemon juice, and lemon rind. Mix until smooth. Pour mixture into pastry shell.
- 3.Bake in preheated oven for 35 to 40 minutes, until set in centre.

Source: [allrecipes.com](http://allrecipes.com)