**mini lemon meringue pies**

**(makes 5-6 muffin-sized pies)**

**PIE CRUST (Per 2):**

60 mL Flour

1/4 mL Salt

1/4 mL Baking Powder

2.5 mL Sugar

15 mL Cold Shortening

8 mL Egg

1 mL Vinegar

20 mL Water

**LEMON FILLING (per 4):**

100 mL Sugar

15 mL Flour

15 mL Cornstarch

1 mL Salt

125 mL Water

1 Egg Yolk

5 mL Lemon Rind

25 mL Lemon Juice

*(1/2 squeezed lemon + top up with bottled lemon juice)*

8 mL Margarine

**MERINGUE (per 4):**

1 Egg White

0.5 mL Cream of Tartar

30 mL Sugar

**DAY ONE**:

1. Center racks and preheat oven to 475F
2. Sift and measure flour and add salt, baking powder and sugar together.
3. Cut in shortening using pastry blender.
4. Beat egg and measure 8 mL, add vinegar and water.
5. Add liquids gradually to flour mixture while tossing with a fork.
6. Press dough into a ball. Chill for 10 minutes.
7. Roll out pastry to 0.8cm thickness. Cut out 3 circles using custard cup. Bake in pre-heated oven for 8-10 minutes or until golden brown.
8. Remove from oven and let cool before transferring for storage (as per teacher’s instructions)

**DAY TWO**:

1. Preheat oven to 325˚F.
2. Combine sugar, cornstarch, flour, and salt in a saucepan, mix well and add cold water.
3. Cook over medium-high heat. Stir constantly until thickened. Remove from heat.
4. Separate egg whites from egg yolks. Place egg whites in a small clean mixing bowl for later. Set aside.
5. Temper egg yolks by adding a small amount of the hot sugar mixture into the egg yolks, stirring constantly. Once the eggs are warmed pour the warmed egg mixture back into the saucepan, stirring constantly.
6. Add grated lemon zest, lemon juice and butter to saucepan.
7. Return the pan to the heat and bring to a boil. Cook until thick, stirring constantly.
8. **Cool** completely and pour into baked mini pie shells.
9. Combine egg whites and cream of tartar in a small clean bowl. Beat to a soft peak stage.
10. Gradually add 30 mL of sugar (15 mL at a time) while beating until stiff and glossy.
11. Place meringue on filling (or use a piping bag), carefully sealing the edge of the crust.
12. Bake for 10 minutes until peaks turn a golden brown color.
13. Let cool completely before serving.

Demo Questions:

1) The lemon filling is thickened by \_\_\_\_\_\_\_\_\_\_\_.

2) How can you tell if the eggs are at the stiff peak stage?

3) How many times do you knead the pastry?