

FREEE By Doves Farm Gluten Free Lemon Tart

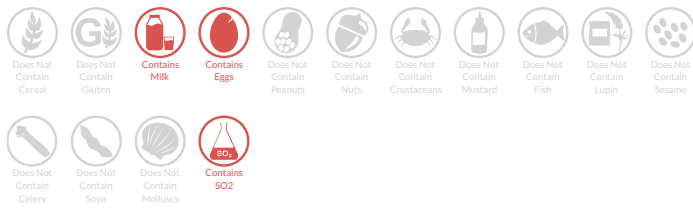
Ingredients

Product	Quantity
Gluten Free Plain White Flour 25kg	100.00 g
Silver Spoon Icing Sugar (BS) 25kg	25.00 g
Gluten Free Xanthan Gum 3 x 1kg	0.25 g
Kerrygold Pure Irish Butter 250g	50.00 g
Liquid Egg Yolk 12 x 1kg	2.00 g
Cage Free 6 Barn Eggs	1.00 g
Silver Spoon Caster Sugar 6x2kg	75.00 g
Jif Bottle Lemon Juice 250ml	1.00 g
Marybelle Single Cream 250g	50.00 g
Silver Spoon Icing Sugar (BS) 25kg	1.00 g

Serves: 8

Allergy Information

Key: Contains May Contain

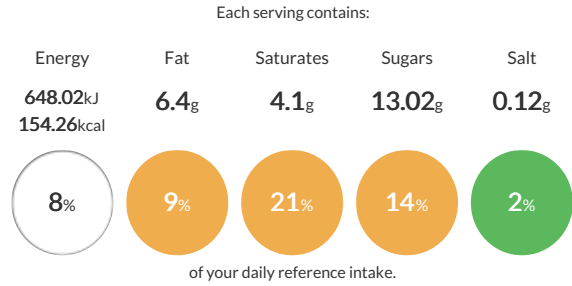


Dietary Information

Key: Suitable for



Reference Intake



Nutritional Summary

Energy	648.02kJ 154.26kCal
Protein	0.87g
Carbohydrates	22.98g
of which sugars	13.02g
Non Milk Extrinsic Sugars	0g
Fat	6.4g
of which saturates	4.1g
Fibre	0.1g
Salt	0.12g
Sodium	0g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

Method & Recipe Notes

Gluten Free Sweet pastry 1. Line a 20cm/8" tart or flan dish with parchment or rub the edges with butter and preheat the oven to 190°C (Fan 170°C, 375°F, Gas 5). 2. Sieve the flour, sugar and xanthan gum into large bowl and stir to combine. 3. Add the butter and using a fork or pastry blender to work them together until the mixture resembles fine breadcrumbs. 4. Add the egg yolks and mix it in. 5. Using your hands, gather everything together to form a smooth ball of pastry dough. 6. Roll out the dough between two pieces of parchment or film, remove the film and transfer it to the prepared dish. Or simply press the dough into the dish using your fingers. 7. Cut away any pastry that hangs over the edge of the dish. 8. Prick the pastry all over with a fork. Blind Baking 1. Lay a large piece of parchment over the raw pastry, making sure all the edges are covered. 2. Scatter the ceramic baking beans (or rice or flour) over the parchment, spreading them all over the surface. 3. Bake for 10-12 minutes. 4. Remove from the oven and carefully lift the parchment and contents off the pastry. 5. Return the pastry to the oven and cook for a further 4-5 minutes without browning too much. 6. Take the dish out of the oven and gently remove the warm pastry case out of the dish and leave it to cool. Filling 1. Reduce the oven temperature. 2. Break the egg into a mixing bowl and beat to mix. 3. Add the sugar and beat until the mixture thickens slightly. 4. Whisk in the lemon juice. 5. Stir in the cream. 6. Pour the mixture into the pastry case. 7. Bake for 20-25 minutes. The filling should be just wobbly and will continue to set as the tart cools. 8. When cold, chill the tart until required. 9. Sieve some icing sugar over the top of the tart before serving.

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