



Lemon Meringue Cups



Preheat oven to 375 (con bake 3/7/5 start)

LEMON FILLING

- 1. Boil 750 ml of water (boil water in pot on high with lid on if no kettle)
- 2. Dry ingredients
Measure the dry ingredients into a pot
Stir ingredients with a wooden spoon.
 - 175 ml sugar
 - 50 ml flour
 - 45 ml cornstarch
 - 2 ml salt
- 3. Gradually stir in
 - 750 ml of boiling water
 - Cook over medium heat (5), stirring constantly, until thickened.
 - Cover and cook 2 minutes longer, stirring occasionally
- Stir a small amount (1/4) of hot mixture into 3 egg yolks, slightly beaten
- Then pour the egg mixture back into the pot and blend with the rest of the hot mixture. Cook for 1 minute longer stirring constantly.
- Remove from heat and blend in
 - 15 ml butter
 - Grated rind of 1 lemon
 - 125 ml strained lemon juice
- Pour mixture into ramekins

MERINGUE

- Beat together to form stiff but moist peak
 - 3 egg whites
 - 5 ml cream of tartar
 - Very gradually beat in 45 ml of sugar
- Beat until stiff and shiny
- Spread on lukewarm lemon filling, touching rim of ramekin all the way around. Swirl tips
- Put ramekins on a tray
- Bake for 5 minutes until tips become golden.