



Recipe of the Month

Heavenly Meringue Pie

This recipe is from a Good Housekeeping magazine from April, 1996. It lives up to its title and will become a special occasion favourite with your family, as it is with mine. It is worthwhile making the pastry. It is very easily done in the food processor. It has a delicious mallow meringue topping with shelled pistachio nuts folded through. You could of course, use almonds or pecans if you like. Enjoy!

Ingredients:

8 eggs
225 g (8oz) plain flour
150g (5oz) butter
4 large lemons
397g can condensed milk
142ml (5fl oz) carton thick cream
50g (2oz) shelled pistachio nuts
225g (8oz) icing sugar

Instructions:

1. Lightly beat one egg, reserve and set aside 10ml (2tsp). To make the pastry, blend the flour, butter and grated rind of 1 lemon in a food processor until the mixture resembles fine crumbs. Add the beaten egg and pulse until the pastry comes together in a ball. Wrap and chill for 30min.
2. Roll out on a lightly floured surface and line a 23cm (9in) base, 4cm (1 ½ in) deep, fluted, loose-bottom tart tin. Prick base well, chill for 30min. Line pastry with greaseproof paper and baking-blind beans. Cook at 200C (400F) for 10 minutes. Remove paper and beans. Cook for a further 10min or until golden and cooked through. Brush with reserved beaten egg to seal, then return to oven for 1min. Cool on wire rack.
3. Separate 4 of the eggs. Lightly whisk the egg yolks with the remaining 3 whole eggs, grated rind of the remaining 3 lemons and 175ml (6fl. oz) squeezed and strained lemon juice. Mix in the condensed milk and cream.
4. Pour the lemon mixture into the pastry case and bake at 180C (350F) for 30-35 minutes or until just set in the centre. Lightly toast the nuts in the oven for approximately 5 min until golden. Cool and roughly chop.
5. Place the 4 egg whites and icing sugar in a large bowl over a pan of barely simmering water. Whisk over the heat for 10min or until very shiny and thick. Remove from the heat and whisk on a low setting for 5-10min or until the bowl feels cool. Set aside.
6. Fold the toasted nuts into the meringue and pile on to the lemon mixture in bold peaks. Cook for 10min at 200C (400F) or until the meringue is golden. Leave to cool for approximately 1hr and serve at room temperature. Alternatively, cool and keep in the fridge, uncovered, overnight. Serve cold.