

Lemon Meringue Custards with Butter Cookies

Recipe By Heather Baird



Cooking and Prep: 
1.5 h

Serves:  6

Contains:    

Preference: Dairy

Difficulty: Hard

Occasion: Shavuot,
Chanukah

Diet: Vegetarian

Source: Whisk by Ami

Magazine

Ingredients (15)

For the Custard

- 1 and 1/4 cups granulated sugar
- 3/4 cup freshly squeezed lemon juice (juice from 6-8 lemons)
- 3 eggs, whites and yolks separated, both reserved for use
- 1 and 1/4 cups cold water

1/4 cup Gefen Cornstarch

4 tablespoons unsalted butter

For the Meringue

1/3 cup granulated sugar

1/8 teaspoon salt

1/4 teaspoon cream of tartar

1 teaspoon Gefen Vanilla Extract

Butter Cookie Ingredients

1 and 1/2 cups unsalted butter, softened (3 sticks)

1 cup granulated sugar

2 teaspoons Gefen Vanilla Extract

3 and 1/2 cups all-purpose flour

generous pinch salt

Start Cooking

Custard

1. Have four six-ounce custard cups at the ready, or six four-ounce custard cups.
2. In a medium saucepan whisk together sugar, lemon juice, egg yolks, cornstarch and water.
3. Cook over medium heat, whisking constantly. After 7-10 minutes, the custard will start to thicken.
4. Remove from heat when bubbles have disappeared and mixture is thick.
5. Stir in butter until melted.
6. Divide between custard cups. Chill in refrigerator while preparing the meringue.

Butter Cookies

- 1.

Preheat oven to 350 degrees Fahrenheit.

2. In the bowl of a stand mixer fitted with paddle attachment, cream butter and sugar together. Don't over-mix! Beat until just incorporated.
3. Add the vanilla and mix again briefly.
4. Sift together flour and salt and add to the butter mixture; mix on low until just combined.
5. Turn dough out onto a piece of wax paper and top with another sheet of wax paper. Roll into a flattened disk.
6. Chill for 30 minutes.
7. Dust work surface with flour and place dough—wax paper removed—on surface. Roll dough to a half-inch thickness and cut into desired shapes—I used small, round fondant cutters, the largest at three inches.
8. Place cookies on Gefen Easy Baking Parchment lined baking sheets.
9. Bake for 15 minutes or until cookies are golden brown and fragrant.

Note:

If making small holes in the three-inch round cookies, cut the smaller holes just after the cookies come out of the oven.

Meringue

1. The meringue is browned in the oven or with a kitchen torch. If using the oven, go ahead and preheat to 400 degrees Fahrenheit. Skip this step if using a kitchen torch.
2. Fill a medium saucepan a quarter to a third of the way with water and bring to a simmer.
3. Combine remaining sugar, salt, cream of tartar, and vanilla in a heat-proof glass bowl.
4. Have ready your hand mixer and a candy thermometer.
5. Place bowl over simmering water and beat with hand mixer on low speed until temperature reaches 160 degrees on the thermometer—this won't take long!
6. Remove from heat and beat until stiff peaks form.

Plate

1. Remove custards from refrigerator and top with meringue.
- 2.

Place on a baking sheet and brown meringue in oven for 6-8 minutes (keep a close eye on this) or brown with kitchen torch.

3. Serve alongside butter cookies at room temperature or chilled—it's delicious either way!