

Upsidedown Lemon Meringue Tarts with Crust Cookies

by Angie Ouellette-Tower

<http://www.godsgrowinggarden.com/>

NOTE: The lemon custard filling below is enough for 2 dozen tarts so what I did is I made one dozen the traditional way (with the crust on the bottom) and then the second dozen I made the upsidedown version - so, if you want to make all 2 dozen upsidedown then you will need to double the Meringue Crust recipe below - ENJOY!

Crust Cookies

1/3 cup butter

1/3 cup lard

2 cups flour

1/2 teaspoon salt

1 tablespoon sugar

1 teaspoon vanilla extract

3 to 4 tablespoons cold water

(a little cream & 1/4 cup granulated sugar for sprinkling/dredging before baking)

Stir the dry ingredients together in a large bowl. "Cut" the butter and lard into the dry ingredients until it is crumbly looking. Now add the vanilla and 3 tablespoons of water and mix together (still use the pie cutter or fork to mix in the liquid). Only add the 4th tablespoon of water if the dough still seems dry. Now form the dough into a ball with your hands.

Divide the dough into 2 equal portions. On a lightly floured surface roll out half of the dough until about 1/4 inch thick & cut using whatever cookie cutters you prefer (I used snail & squirrel cookie shapes). Continue rolling & cutting until all of the dough is used. Brush each cookie with a little half & half cream or whipping cream & Dredge or sprinkle sugar on top of each cookie before baking. Then evenly place them on a parchment lined cookie sheet.

Bake in a preheated 475 degree oven for 8 to 10 minutes or until desired golden brown color is achieved. Remove from the cookies from the sheet & cool on a cooling rack.

Meringue Crust (**IMPORTANT** - double this Meringue Crust recipe to match the amount of lemon filling - see note above)

3 egg whites

3/4 cup sugar

1/4 teaspoon cream of tartar

2 cups unsweetened shredded coconut flakes

1/2 teaspoon vanilla extract

dash of salt

1 teaspoon lemon zest

Upsidedown Lemon Meringue Tarts with Crust Cookies page#2 by Angie Ouellette-Tower

With an electric mixer beat the egg whites, salt & cream of tartar until it is frothy & until it just starts to form- then slowly add the sugar 1/4 cup at a time. Continue beating on high for about 30 seconds after each sugar addition. Add the zest & vanilla with the last 1/4 cup sugar addition & beat until peaks form. Now, gently fold in the coconut with a wooden spoon.

Spray a 12 count muffin tin & dollop a little of the meringue mixture into each muffin space (all of the meringue mixture should be used up). With a metal spoon make an indentation in each muffin tin space (see pictures above).

Bake in a preheated 300 degree oven for 20 to 25 minutes (or longer depending on desired golden brown color) - allow to cool for 10 minutes before removing from the muffin pan & then after removed from the pan cool on a cooling rack (see pictures below). Set aside until later.

Lemon Custard Filling

1 1/2 cups sugar
1/3 heaping cup of corn starch
1 1/2 cups water
3 egg yolks (lightly whisked)
3 tablespoons butter
1/2 cup lemon juice
1/2 teaspoon lemon zest
1/2 teaspoon vanilla extract

In a medium saucepan combine the sugar & cornstarch - stir until blended together. Slowly add the water stirring all the time. Now place on medium heat & stir all the time (you will notice that it will start to become transparent & start to thicken) - Remove from the heat & then "temper" the egg yolks. In a separate bowl stir in about 1/3 of the hot cornstarch/sugar mixture into the egg yolks stirring all the time (stir for about 30 seconds) - then pour this egg yolk mixture back into the hot corn starch/sugar mixture & whisk together until combined. Return to the heat & continue to cook & allow it to boil for 1 minute (again stirring all the time). Remove from the heat & stir in the remaining ingredients (butter, juice, zest & extract) & stir until combined. Allow to cool until warm.

How to assemble:

- Place all meringue crusts on a platter (they must be fully cooled before filling)
- Fill each indentation in the meringue crust with lemon custard filling (the custard has cooled to warm)
- place a fully cooled crust cookie into the custard until the cookies stands up (see pictures below)
- Chill first or serve warm

ENJOY!!

© (2015)