

Hot Lemon Souffle Tart with Raspberries

Author: Julia Child recipe, adapted by Phillis Carey



TART SHELL:

3/4 cup all-purpose flour
 1/4 cup cake flour
 1 1/2 tablespoons sugar
 1/8 teaspoon salt
 1/4 cup unsalted butter, chilled, diced
 2 tablespoons shortening (Crisco), chilled (yes, chilled)
 3 tablespoons ice water, or up to 4 T, as needed

LEMON FILLING:

3/4 cup sugar, divided use
 4 large eggs, separated
 zest of one lemon
 3 tablespoons fresh lemon juice
 1 pinch cream of tartar
 powdered sugar for garnish
 sugared fresh raspberries
 lightly sweetened whipped cream

Per Serving (excluding unknown items): 254 Calories; 12g Fat (40.6% calories from fat); 5g Protein; 33g Carbohydrate; trace Dietary Fiber; 122mg Cholesterol; 70mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 2 Fat; 1 1/2 Other Carbohydrates.

Carolyn T's Tasting Spoons blog:
<http://tastingspoons.com>

1. TART SHELL: Put flours, sugar, salt and diced butter in food processor and pulse 5-6 times to break up butter. Add shortening and pulse again. Immediately add the ice water, then pulse 2-3 times. Remove cover and feel the dough - it should look like a bunch of small lumps and will just hold together in a mass when you press a handful together. Do not overmix. If too dry, pulse again with more water.

2. Turn dough out onto work surface and press into a rough mass. With the heel of your hand, push egg-sized clumps of dough out in front of you in a 3-inch smear.

3. Form dough into a cake shape. Dough should be fairly smooth and pliable. Wrap in plastic wrap, place in a sealing plastic bag and refrigerate for 2 hours or up to 2 days.

4. Remove dough from refrigerator and working quickly, roll dough out into a 1/4 inch thick circle, 1 1/2 inches larger than the removable bottom tart pan. Roll dough up on rolling pin and lay over pan. Lightly press dough in place. To make sides more sturdy, fold excess dough over the inside vertical edge to form a thicker crust. Cover shell and refrigerate for 30 minutes, or freeze for 15 minutes.

5. FILLING: Preheat oven to 325°. With a mixer gradually beat 1/2 cup of sugar into egg yolks in a stainless steel bowl, beating until mixture is thick, pale yellow and forms a slowly dissolving ribbon. Beat in the lemon zest and juice. Set bowl over not-quite simmering water and stir until mixture is too hot for your finger (about 165°) and is thick enough to coat a spoon lightly.

6. Beat egg whites with cream of tartar and salt until it reaches soft peaks. Gradually beat in remaining 1/4 cup sugar and beat until stiff peaks form. Add about 1/2 cup of the whites to the egg yolk mixture, then add all whites. Pour into tart shell and smooth top.

7. Bake tart about 30 minutes. When tart has begun to puff and color lightly, sprinkle top with powdered sugar. It is done when top is lightly brown and a toothpick plunged into the center comes out clean. Remove and cool slightly before serving. Filling will fall somewhat. Serve warm, or cold, but it's best served warm. Serve with sugared raspberries and whipped cream, if desired.