



GRAPEFRUIT AND LEMON TART

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| Season: | Winter |
| From the garden: | Grapefruit, lemon, mint |
| Type: | Dessert |
| Difficulty: | Easy |
| Serves: | 30 tastes |
| Source: | Kyle Windust (aged 11, Coatsville school, Albany, Auckland) |

Equipment

- Measuring cups
- Microwave
- Food processor
- 21 cm loose-bottomed flan tin
- Baking paper
- Spatula
- Spoons / forks
- Sifter (for dusting icing sugar)
- Juicer
- Lemon zester or grater
- Chef's knife
- Chopping board

Ingredients - Base

- * 125g butter, softened
- * 1 cup flour
- * 1/2 cup Icing sugar

Ingredients - filling

- * 1 cup caster sugar
- * 2 lemons (to make 1/4 cup lemon juice & for rind)
- * 1/2 -1 grapefruit (to make 1/4 cup of juice)
- * 2 tablespoons custard powder
- * 1/2 teaspoon baking powder
- * 6 Bantam eggs (or 3 regular eggs)
- * Icing sugar to dust
- * Mint to garnish



Method - tart base

1. Soften the butter in the microwave.
2. Place the flour, icing sugar and softened butter in a food processor and run the machine until the pastry clumps together in a ball around the blade.
3. Meanwhile, line the bottom and sides of a 21 cm loose-bottomed flan tin with baking paper.
4. Smear some flour onto your hands (you are about to handle the mixture and having floured hands prevents it from sticking).
5. Remove the ball mixture from the food processor and press it into the base and up the sides of the lined flan tin.
6. Refrigerate for at least 30 minutes (The pastry will set quite firm and it bakes best from cold).

Method - tart filling

1. Preheat the oven to 180°C.
2. Clean and dry the food processor.
3. Grate the two lemons finely to get the zest and put the zest into the food processor.
4. Cut the lemons in half and remove any visible pips carefully with a fork. Use a juicer (or squeeze the juice out by hand) until you have approximately $\frac{1}{4}$ cup juice. Remove any additional pips that may have fallen into the juice. Pour the $\frac{1}{4}$ cup juice into the food processor.
5. Cut grapefruit in half and remove any visible pips carefully with a fork. Juice one half of the grapefruit using a juicer (or squeeze the juice out by hand) until you have approximately $\frac{1}{4}$ cup. If more juice is required, use the other half. Remove any additional pips that may have fallen into the juice. Pour the $\frac{1}{4}$ cup juice into the food processor.
6. Crack the eggs open and put them into the food processor.
7. Put all other filling ingredients into the food processor and run the machine until well combined.
8. Pour the filling mixture into the chilled base.
9. Bake for 25 minutes or until the pastry is crisp and golden and the filling set.
10. Dust with icing sugar.
11. Wash and dry some mint leaves to garnish on the top and serve!

Skills: Use of food processor, sensory experience of flouring hands and working with dough, zesting and juicing

Fun facts: Grapefruit (*Citrus x paradisi*) is a subtropical citrus fruit known for its sour to semi-sweet, somewhat bitter fruit. Grapefruit is a hybrid - an accidental cross between the sweet orange and the pomelo.

Grapefruit gets its name because of the way the fruit hangs in clusters on the tree - rather like a bunch of grapes.

The fruit is yellow-orange skinned but the flesh can be white, pink, and red (generally, the redder varieties are the sweetest)

People taking drugs or medications often need to be careful about how much grapefruit they consume as it can affect the absorption of their medication

Grapefruit is a rich source of vitamin C

China is the top producer of grapefruit