

# Lemon Meringue Pie

Written by gormey

Friday, 06 March 2009 21:49 - Last Updated Friday, 03 July 2009 16:04

---

Lemon Meringue Pie recipe

## Ingredients & Quantities

### Pie Crust

2 cups of flour  
1/2 teaspoon sea salt ground  
1/2 cup plus 2 tablespoons of oil  
1/4 cup cold organic milk or use dried organic milk in same measure  
4 (12 inch) squares of wax paper  
1 pie pan

Combine oil and milk, do not stir.

Add all other ingredients at once to flour in bowl add oil milk.

Stir with fork until all flour disappears forms into a dough.

Form into two balls one small one large (slightly larger ball is for lower crust for double crust pie).

Flatten dough slightly.

Roll each ball of dough between waxed paper.

Roll the larger ball until it reaches approximately 10-inches in diameter.

Peel off top piece of waxed paper and flip the other piece of paper, crust side down, into pie pan.

Carefully peel off the waxed paper.

bakeing crust, place pie pan in a 450° oven for 10-12 minutes, or until golden brown. Using a fork, poke three or four rows of holes in the bottom of the pie crust.

# Lemon Meringue Pie

Written by gormey

Friday, 06 March 2009 21:49 - Last Updated Friday, 03 July 2009 16:04

---

## Pie Filling

1 cup natural cater sugar unrefined

1/4 cup corn starch

1 1/2 cups cold water

(for extra lemon sing use robinsons lemon barley water mixed as per instruction on bottle)

3 free range egg yolks slightly beaten

2 drops of natural yellow food coloring

grated rind of 1 unwaxed lemon

1/4 cup unwaxed lemon juice

1 tablespoon lemon curd home made

## Pie Topping

3 free range egg whites

1/2 teaspoon vanilla paste or pod

1/4 teaspoon cream of tartar

6 tablespoons natural caster sugar

## Method

### Filling

Preheat oven to 350°.

In medium saucepan combine 1 cup natural caster sugar and corn starch.

Gradually stir in water until smooth.

Stir in free range egg yolks Stirring constantly,  
bring to a boil over medium heat and boil for 1 minute.

Remove from heat.

Stir in next three ingredients. 3 egg yolks slightly beaten 2 drops of yellow natural food coloring grated rind of 1 unwaxed lemon and juice then lemon curd.

## Lemon Meringue Pie

Written by gormey

Friday, 06 March 2009 21:49 - Last Updated Friday, 03 July 2009 16:04

---

Spoon hot filling into baked pie shell.

### Topping

In a small bowl beat egg whites with vanilla and cream of tartar till soft peaks form.  
Gradually add caster sugar, beating till stiff and glossy peaks form and all sugar is dissolved.

Spread meringue over hot filling,  
sealing to edge of pastry.

Bake at 350° for 10-15 minutes, or until meringue is golden.

Cool.

Before cutting a meringue-topped pie, dip knife in water, no need to dry knife.