



Lemon flower tarts

20'

Hands on

1 hour'

Hands off

30'

Cook Time

12

Portion(s)

2

Difficulty



Ingredients

- 3 medium eggs
- 150 g granulated sugar
- 100 g lemon juice
- 1 teaspoon [vanilla extract](#)
- zest of 2 lemons
- 150 g butter, ice-cold, cut into cubes
- ½ teaspoon [yellow food coloring paste](#), optionally
- 650 g kourou dough
- icing sugar, to serve

Διατροφικός πίνακας

Method

- Preheat the oven to 180° C (350° F) set to fan.
- In a [pot](#) add the eggs, sugar, lemon juice, vanilla extract, lemon zest, and transfer over low heat.
- Stir constantly with a [hand whisk](#) for 3-4 minutes, until the mixture slightly thickens and gets the consistency of a cream.
- Transfer into a dosing container, add the butter cut into cubes, the yellow food coloring paste, and beat with an immersion blender until the butter is dissolved.
- Transfer the mixture into a [pastry bag](#) and refrigerate for 1 hour to cool well.
- With a rolling pin, roll out the kourou dough onto your working surface.
- With an [8 cm flower cookie cutter](#), cut the dough to create the flowers.
- Place the dough flowers into two [6-cup muffin pans](#).
- With a fork, prick the dough's base.
- Bake in the oven for 15 minutes until the dough is golden.
- Remove from the oven and let them cool well for 30 minutes.
- Carefully take the flowers out of the cups and place them onto a [rack](#).
- Take the pastry bag with the filling out of the refrigerator, and fill the flowers.
- Serve with icing sugar.

Nutrition information per portion

375 Calories (kcal)	24.0 Total Fat (g)	13.0 Saturated Fat (g)	33.0 Total Carbs (g)
19%	34%	65%	13%
13.0 Sugars (g)	5.6 Protein (g)	1.1 Fibre (g)	0.37 Sodium (g)
14%	11%	4%	6%

Tip

If your muffin cups are not non-stick, then you will have to butter and flour them before putting the flowers in.