

Gluten Free Lemon Shortbread Tarts

Ingredients:

Shortbread Base:

½ cup butter – at room temperature – cut in cubes
½ cup icing sugar
1 cup gluten free flour*

Plant Based Shortbread Base:

½ cup plant based butter (you want this to be cool and not at room temperature)
½ cup icing sugar
1 tsp arrowroot starch
1 1/8 cups gluten Free flour

After the Blind Bake

1 egg white

Lemon Filling

3 egg yolks
1 tbsp lemon zest (from approx. 2 to 3 lemons)
*¼ cup lemon juice (from approx. 2 to 3 lemons)
¾ cup sugar
3 tbsp cornstarch
*¾ cups water
1.5 tbsp butter

*I like the [Namaste Gluten Free Perfect Flour Blend](#).

*I liked the Melt Plant Based Butter.

*Combined lemon juice and water should be 1 cup

Prep Time:

2 hours

Cook Time:

30 minutes

Total Time:

90 minutes



This recipe took more than a decade to perfect. I am very grateful to my quality control team, who continues to be open to taste and share their reaction to these Lemon Shortbread Tarts. Especially to Ian the executive I worked with, as his assistant, for many years who was instrumental in influencing the development of this recipe. And to my husband, family and rehab team who are open to tasting and sharing their reaction, good, bad or even sometimes, this needs more work. This is one of the recipes that is often requested by family and friends.

Directions

1. For the Shortbread base, soften the butter. Then add the icing sugar and gluten free flour. Mix until this becomes like small balls. If you choose the Plant Based Shortbread base I recommend using a plant based butter you have just removed from the fridge.
2. Prepare a small tart pan, I like the one that has 24 tarts. This recipe will make 18 to 20 tarts. Prepare your pan. Form a small ball that covers most of the base of one tart and press into the individual tart pan.
3. Puncture the shortbread with a fork to release the steam.

4. Do a “blind bake”. Cut small square or rounds of parchment paper and place in each tart. Fill with beans or baking weights. This will help to reduce the “puffing” of the shortbread. Bake for 10 minutes, at 350°, until the shortbread is a light brown.
5. Take out of the oven and remove the parchment and beans/weights. Check each tart to ensure you have removed all the baking weights. Then press the shortbread into the pan, once more.
6. Paint the shortbread lightly with egg whites. Bake for another 5 to 8 minutes. Remove from oven and let cool.

Prepare the Lemon Filling

Directions:

1. Clean your lemons.
2. Using your grater and the finer setting, grate the lemon for your lemon zest.
3. Cut your lemons in quarters and then use a Metal Lemon Squeezer, I like the handheld ones. Squeeze this juice into a glass measuring cup.
4. Place water, sugar, butter in a sauce pan and heat up on low heat. Add egg yolks, lemon zest and juice, and cornstarch while mixing on low heat. Once the cornstarch is dissolved, increase the heat to medium. Continue to whisk the mixture. Remember to taste your filling. If it is too tart, add more sugar. If you want it more tart, add more lemon juice.
5. Bring the mixture to when it starts to bubble.
6. Once the mixture is the desired consistency, carefully spoon into the cooked shortbread shells. If you have any remaining lemon sample this with sugar or shortbread cookies. It is divine.
7. Then bake for another 5 minutes. The lemon mixture should bubble. Take out of the oven.
8. Let the tarts cool in the pan for 2 hours.
9. Once cooled removed from the pan with a knife.
10. Then put in a container. These can be stored for up to a week in the fridge.

These go really well with afternoon tea.

