

Key Lime Pie



Serves: 8

Profitability:

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Ingredients:

The meringue

120g free range egg whites (4 eggs-approx)

120g caster sugar

120g Icing sugar, sifted

1 unwaxed lemon zest, plus a little extra to serve

The lime curd:

150g caster sugar

1.5g Agar Agar

150g free range eggs

150ml freshly squeezed lime juice

200g cold unsalted French butter, cubed, plus extra for greasing

The rye biscuit

200g rye flour

100g unsalted French butter

100g caster sugar

300g cocoa butter, melted

Steps:

Make the lime meringue by lining two baking trays with parchment paper

Place the egg whites in a grease-free bowl and whisk until light and frothy, then add the caster sugar a little at a time, until its incorporated, continuing to whisk until still peaks

Fold in the icing sugar and spread the meringue mixture over the lined trays until its 5mm thick, then scatter the lime zest over the top. Dehydrate in a low oven about 45c-60c until crisp, about 45 minutes. Then turn off the oven and leave the meringue over-night to dry

For the lime curd mix the caster sugar and agar agar together

Place the eggs and lime juice in a medium pan, add the caster sugar and agar agar and slowly bring to the boil over a low heat, whisking continuously until the flakes have dissolved

Once boiling, remove immediately from the heat and add the butter a piece at a time. Pass the curd through a fine sieve into a heat proof container, cover and leave to cool

Grease the moulds and line a baking tray with baking paper and transfer the curd into a piping bag fitted with a medium nozzle and pipe 80g per greased mould. Place the filled mousse in the freezer then, once the curd is frozen solid (3 hours approx.) pop out the moulds and re freeze, get ready to start dipping them

Make the Rye biscuit

Preheat the oven to 160°C and line a baking sheet with baking paper

Mix the flour, butter and sugar together to form a crumbly dough, then scatter onto a lined baking sheet. Bake for 25 minutes until golden brown

Remove from the oven and allow to cool slightly before transferring into the food processor or blender and pulse until you have a fine mixture. Add the melted cocoa butter and continue blending until to form a smooth liquid biscuit mix

Pour mixture into a sauce pan and keep warm (ideally around 40°C) and whisk regularly to ensure the mixture

Line another baking sheet with parchment paper. Remove the curds from the freezer and dip

them, one by one into the liquid biscuit mix, making sure they are completely covered. Allow any excess mixture to run off, dip them again. Return to the freezer for 10 minutes to harden

TIP: Transfer the lime curds to the fridge for at least 1 hour before serving, the biscuit shell will remain hard while the curd will become soft and oozy. Dress with shards of meringue and grated lime zest