

Dessert

Lemon Meringue Hand Pies

Katie Barreira

Every Day with Rachael Ray Magazine - May 2012

Servings: 6

Preparation Time: 45 minutes

Bake Time: 1 hour 15 minutes

SHORTCUT!! Buy thin ginger cookies to swap in for the meringues.

4 egg whites, at room temperature

1/4 teaspoon cream of tartar

1/8 teaspoon salt

3/4 cup superfine sugar

1/2 teaspoon lemon extract

1 pint vanilla ice cream

4 graham cracker sheets (rectangles, lightly crushed)

3/4 cup lemon curd, chilled

Position racks in the upper and lower thirds of the oven. Preheat to 250 degrees.

Line two cookie sheets with parchment. Using a 3 1/2-inch round cookie cutter or small glass as a guide, draw six circles one inch apart on each parchment sheet.

Using an electric mixer with a whisk attachment, beat the egg whites, cream of tartar and salt at medium speed until frothy, about 1 minute. With the machine running, gradually sprinkle in the sugar one tablespoon at a time. When all the sugar has been added, beat at high speed until glossy and stiff, about 3 minutes. Fold in the lemon extract.

Transfer the meringue to a pastry bag fitted with a 1/2-inch closed star tip. Starting at the center of each traced circle and working outward, pipe six rounds onto each sheet.

Transfer the cookie sheets to the oven. Immediately lower the temperature to 200 degrees. Bake the meringues for 45 minutes.

Quickly switch and rotate both pans. Bake for 30 minutes longer (don't open the oven).

Turn off the oven (do not open it) and let the meringues cool in the closed oven for six hours. (They can be made two days ahead. Store in an airtight container.)

Let the ice cream soften until spreadable. Fold the graham crackers into the ice cream.

Place six of the meringues directly under a preheated broiler (or use a kitchen torch) until the ridges are golden, about 2 minutes.

Spread a generous 1/3 cup of the graham cracker ice cream onto the flat side of each of the browned meringues. Spread two tablespoons of lemon curd onto the flat side of the remaining meringues, then sandwich the meringues together.

Serve immediately or freeze for up to two hours.

Per Serving (excluding unknown items): 100 Calories; 5g Fat (42.8% calories from fat); 4g Protein; 11g Carbohydrate; 0g Dietary Fiber; 19mg Cholesterol; 114mg Sodium. Exchanges: 1/2 Lean Meat; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates.