

Lemon Meringue Pie

Michele Albano Stuart - "Perfect Pies"

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Servings: 10

FILLING

2 eggs
5 egg yolks
1 1/2 cups + 2 tablespoons sugar
1/4 cup cornstarch
1/8 teaspoon salt
1 cup fresh lemon juice
1/4 cup water
1 1/2 tablespoons lemon rind, finely
grated
4 tablespoons (1/2 stick) unsalted
butter, at room temperature
1 nine-inch prebaked pie crust (store-
bought or your favorite pie-crust
recipe)

MERINGUE

4 egg whites, at room temperature
1/4 teaspoon cream of tartar
1/8 teaspoon salt
1/2 cup sugar
1 teaspoon vanilla extract

To prepare the filling: Whisk together the eggs, egg yolks and sugar until pale yellow, about 2 minutes. Add the cornstarch and salt and continue whisking until well combined. Add the lemon juice, water, lemon zest and butter. Continue whisking until fully incorporated.

Pour into a heavy saucepan and place over medium heat. Whisk continuously, scraping the sides with a spatula and taking care not to burn the bottom. Cook until thickened, about 7 minutes. Remove from the heat and continue whisking for 1 more minute.

Pour into the prebaked pie crust. Cover the pie with plastic wrap and refrigerate for at least one hour.

To prepare the meringue: Beat the egg whites with an electric mixer on high speed until foamy. Add the cream of tartar and salt and continue mixing until soft peaks form. Slowly add the sugar, one tablespoon at a time. Add the vanilla and beat for 30 more seconds. Scrape the meringue on top of the lemon filling in the pie crust. Smooth to cover the entire pie and form a mound in the middle. Use a spatula to pat and lift the meringue across the top of the pie, forming peaks.

Preheat the broiler. Place the pie on an oven rack in the middle position and cook 3 to 4 minutes, until the meringue is browned.

This pie is best served the same day it is made, but you can make the lemon filling in advance and refrigerate up to two days.

Per Serving (excluding unknown items): 552 Calories; 40g Fat (64.4% calories from fat); 5g Protein; 46g Carbohydrate; trace Dietary Fiber; 248mg Cholesterol; 97mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 8 Fat; 2 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	552	Vitamin B6 (mg):	.1mg
% Calories from Fat:	64.4%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	32.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	3.2%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	40g	Folacin (mcg):	22mcg
Saturated Fat (g):	24g	Niacin (mg):	trace
Monounsaturated Fat (g):	12g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	1
Cholesterol (mg):	248mg	% Refuse:	n n%
Carbohydrate (g):	46g		
Dietary Fiber (g):	trace		
Protein (g):	5g		
Sodium (mg):	97mg		
Potassium (mg):	97mg		
Calcium (mg):	32mg		
Iron (mg):	1mg		
Zinc (mg):	trace		
Vitamin C (mg):	12mg		
Vitamin A (i.u.):	1603IU		
Vitamin A (r.e.):	405RE		

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	8
Other Carbohydrates:	2 1/2

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 552 **Calories from Fat:** 355

% Daily Values*

Total Fat 40g	62%
Saturated Fat 24g	120%
Cholesterol 248mg	83%
Sodium 97mg	4%
Total Carbohydrates 46g	15%
Dietary Fiber trace	1%
Protein 5g	
Vitamin A	32%
Vitamin C	21%
Calcium	3%
Iron	3%

* Percent Daily Values are based on a 2000 calorie diet.