

LEMON SABAYON PIE WITH PINE NUT & WALNUT CRUST



This pie dough is delicate, flavourful and can be used with other fillings as well. I served this, along with a strawberry pie, at a brunch with quiche and a tossed arugula salad. The lemon sabayon tart was the show stealer for sure! This is one tart that is worth all of the hard work it takes to make it.

CRUST INGREDIENTS

- 3/4 cup pine nuts
- 1/4 cup walnuts
- 3 tbsp sugar
- 1 1/2 cups all-purpose flour
- 4 ounces unsalted butter, at room temperature
- 1/2 large egg
- 1/2 teaspoon pure vanilla extract

PREPARATION

- Place the nuts in a food processor and pulse a FEW times. Add the sugar and flour and continue to pulse until the nuts are finely ground. Transfer the mixture to a large bowl.
- Add the butter, egg, and vanilla extract and mix to incorporate all the ingredients (the dough can be mixed by hand or in a mixer fitted with the paddle attachment). Wrap dough in plastic wrap and refrigerate for at least 10 minutes before using.

LEMON SABAYON INGREDIENTS

- 2 large eggs, cold
- 2 large egg yolks, cold
- 3/4 cup sugar
- 1/2 cup fresh lemon juice
- 6 tablespoons (3 ounces) cold unsalted butter, cut into 6 pieces

PREPARATION

- For the crust:
 - Preheat the oven to 350°F. Generously butter and flour a 9-inch fluted tart pan with a removable bottom and refrigerate it while the oven preheats.
 - Remove the tart pan from the refrigerator. Use your fingertips to press the chilled pine nut dough evenly over the bottom and up the sides of the pan. Trim off any excess dough.

- Bake the crust for 15 to 20 minutes, then rotate it and bake for another 10 to 15 minutes, or until it is golden brown. Remove the crust from the oven and let it cool while you make the filling. (There may be some cracks in the crust; they will not affect the finished tart.)
- For the sabayon:
 - Bring about 1 1/2 inches of water to a boil in a pot that is slightly smaller than the diameter of the bowl you will be using for the sabayon. Meanwhile, in a large metal bowl, whisk the eggs, yolks, and sugar for about 1 minute, or until the mixture is smooth.
 - Set the bowl over the pot and, using a large whisk, whip the mixture while you turn the bowl (for even heating). After about 2 minutes, when the eggs are foamy and have thickened, add one-third of the lemon juice. Continue to whisk vigorously and, when the mixture thickens again, add another one-third of the lemon juice. Whisk until the mixture thickens again, then add the remaining lemon juice. Continue whisking vigorously, still turning the bowl, until the mixture is thickened and light in color and the whisk leaves a trail in the bottom of the bowl. The total cooking time should be 8 to 10 minutes.
 - Turn off the heat and leave the bowl over the water. Whisk in the butter a piece at a time. The sabayon may loosen slightly, but it will thicken and set as it cools. Pour the warm sabayon into the tart crust and place the pan on a baking sheet.



You can serve chilled or at room temperature. I made mine the night before and put in the fridge to chill overnight.



You can top your dessert with whipped cream and decorate with sliced lime for contrast. Dust with powdered sugar before serving or leave as is and let the dessert stand out on it's own. The crust is firm but a touch delicate so be sure to handle somewhat carefully when cutting and serving.

I promise you will love this dessert. I imagine adding an herb like finely chopped thyme or rosemary to the crust could be an interesting flavour against the lemon. Something I'm going to try next time.

Hope you love this dessert as much as my guests did. It's a winner and is sure to please!

Enjoy! xoxo

Tammy-Lynn McNabb

