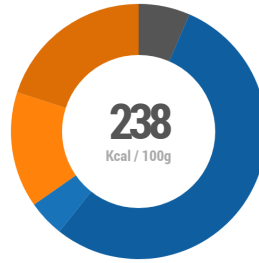


Glazed Lemon Meringue Pie

OVERVIEW ...



CALORIES:

58.8% Carbs

6.5% Protein

34.7% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



WHEAT



EGGS



MILK

OTHER PROPERTIES:



VEGETARIAN

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

114218 Lemons..

LEMONS FRESH DIRECT

BRAKES 100g

1x Each

unchanged

16392 Brakes 18 British Free Range Fresh Medium Eggs.. - BRAKES

16392 EGG

BRAKES 56g

1.01x Each

unchanged

11127 Brakes Unsalted Butter.. - BRAKES

11127 BUTTER

BRAKES 25g

0.1x Each

unchanged

350098 Tate & Lyle Caster Sugar 2kg.. - BRAKES

350098 CASTER SUGAR 2KG

BRAKES 100g

0.05x Each

N/A

100026 Brakes Sweet Butter Tartlets.. - BRAKES

100026 TARTLETS

BRAKES 18.5g

1x Each

unchanged

5946 Sysco Classic Cornflour (22 Aug 2023)..

CORN FLOUR

BRAKES 2g

0x Each

unchanged

135575 Noble Free Range Liquid Egg White.. - BRAKES

135575 LIQUID EGG

BRAKES 30g

0.3 x Each

unchanged

1 Serving



332g / 791kcal

1.0

SUSTAINABILITY & FOOTPRINT...

Component Grade Contribution

Food Production

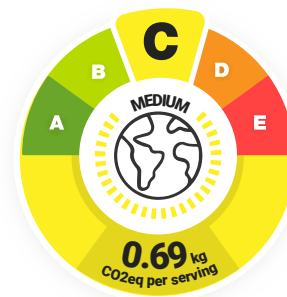
0.69kg

100g	114218 Lemons	A	0.03kg
56.0g	16392 Brakes 18 British Free Range Fresh Medium Eggs	B	0.19kg
25.0g	11127 Brakes Unsalted Butter	D	0.24kg
100g	350098 Tate & Lyle Caster Sugar 2kg	A	0.03kg
18.5g	100026 Brakes Sweet Butter Tartlets	C	0.10kg
2.00g	5946 Sysco Classic Cornflour (22 Aug 2023)	A	0.00kg
30.0g	135575 Noble Free Range Liquid Egg White	B	0.10kg

Water Usage

695l

100g	114218 Lemons	2	64.2l
56.0g	16392 Brakes 18 British Free Range Fresh Medium Eggs	6	203l
25.0g	11127 Brakes Unsalted Butter	7	139l
100g	350098 Tate & Lyle Caster Sugar 2kg	2	89.3l
18.5g	100026 Brakes Sweet Butter Tartlets	6	85.7l
2.00g	5946 Sysco Classic Cornflour (22 Aug 2023)	5	4.56l
30.0g	135575 Noble Free Range Liquid Egg White	6	109l



foodprint



68% Data Quality Score

Your Transport & Packaging:

1 Serving 332g (serves 1.0)

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

Zest and juice lemon
Beat the eggs lightly

Method:

1. Put the lemon zest, juice, butter and half the sugar into a heat proof bowl over a pan of simmering water and whisk until all ingredients have melted.

2. Add in the whole beaten eggs and whisk continually until the mixture has thickened like custard.
3. Remove from the heat and chill.
4. In a bowl whisk together the egg whites with the remaining sugar and cornflour to form the meringue.
5. Spoon the curd into the tartlet case and top with the meringue.
6. Glaze with a blow torch or under a grill - serve!