



Lemon Chiffon Tart

This is a treasured family recipe which is a special favourite for birthdays for 3 generations. Just how far back it goes is unknown but it has been passed to Jill from her Mum Ethel and now our grandchildren enjoy this delight prepared by their Mums. One thinks it is certainly more than 100 years old. The secret of a perfect pie is the Meringue topping and the buttery and flaky pie crust, fresh lemon juice and zest will make your tastebuds sparkle!

Pastry Shell Ingredients

- 2 ozs Self-Raising Flour
- 2 ozs Plain Flour
- 2 ozs Cornflour
- 3 ozs Butter
- 2 ozs Sugar
- 1 Egg (yolk only)
- 1 Tablespoon Milk
- Vanilla Essence

Method

Sift flours together and rub in butter till mixture resembles breadcrumbs. Beat the egg yolk and add sugar and milk. Add liquid to dry ingredients making into a pliable dough. Turn onto a floured tea towel, knead lightly and roll to fit tart plate. Pinch a frill round the edge and cook in upper half moderately hot oven (180-200 degrees) for approximately 15 minutes.

Filling Ingredients

- 1 Tin Nestles Condensed Milk
- 2 Eggs (yolks only)
- ¼ Pint Lemon Juice (2 lemons)
- 2 ozs Sugar
- Grated Rind 1 Lemon

Method

Mix together condensed milk, lemon juice, egg yolks and grated lemon rind. Pour into cooked tart shell. Beat egg whites, gradually adding sugar still stiff and dot on top of filling, raising into peaks. Cook slowly in 180 degrees oven till meringue is browned.

Note from Jill: I use the 3 egg whites for the Meringue
2 ozs approx. 60 grams, 3 ozs approx. 90 grams, ¼ pint approx. 140 mls.





This recipe was handed down to Jill by Bob's Mum, Sadie. In her family of eight (3 boys and 5 girls), the girls learned to cooking skills and recipes. Sadie was born in 1903 so this recipe is at least 100 years old. Whether it came from her Mum or the Country Women's Association we're not sure. Family and friends who have received a bottle of this agree that Jill's Christmas Cheer Chutney has followed the age-old tradition of tastiness and a plea for "more please."

Ingredients

- 12 Bowen Mangoes (just ripening) & sliced thinly
- ¼ lb Preserved Ginger
- ¼ lb Chopped Dates
- ¼ lb Sultanas
- ¼ lb Raisins
- 1 lb Onions (sliced)
- ½ lb Brown Sugar
- ¼ lb White Sugar
- 1 ozs Salt
- ¼ Teaspoon Mixed Spice
- 3 Cloves Garlic (crushed)
- 1 Bottle Brown Vinegar

Method

Mix together in saucepan and just cover with Vinegar. Boil till cooked (approximately 50 mins). Will require stirring occasionally during cooking. Red capsicum or chilli may be added for colour if desired.

Notes: ¼ lb is approx 125 grams, ½ lb approx. 250 grams, 1lb approx. 500 grams.

