



## FROSTED LEMONS DESSERT

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## Frosted Lemons Dessert Recipe

### Yields 12/16.

12 ea. lemons, preferably organic and plump, bottoms and tops removed (save tops). With a filet knife, carefully remove the flesh; squeeze out juice and save. Freeze empty lemons and tops.

### Italian Meringue

1 cup (200g) sugar

1/3 cup (60g) water

3 Tbsp (50g) honey or trimoline\*

4 ea. (120g) egg whites, room temp

1/2 tsp lemon juice or cream of tartare (meringue stabilizer).

0.7 cup (180g) lemon juice

1/2 cup poached or candied lemons, cubed or 3 lemon zest.

\*Trimoline is an inverted sugar syrup paste. It is used to prevent crystallization, resists humidity, acts as an anti-oxidant, increases caramelization, improves texture, preserves aroma, flavor, and color. Mostly used by professionals.

Beat egg whites and lemon juice on medium speed. Meanwhile, cook sugar, honey and water to 250°F/121°C (cuisson au boulé). No need to get fully beaten egg whites before adding hot syrup. When egg whites have reached the foamy stage, pour syrup in thin stream – increase speed to high and beat meringue to firm peaks. Lower speed and continue beating until cool. Transfer in a large pastry bowl and freeze. Refrigerate mixing bowl (Do not clean).

### Lemony Whipped Cream

1 cup (250g) heavy cream

0.7 cup (180g) lemon juice.

Beat heavy cream to medium peaks. Transfer into a pastry bowl and fold in lemon juice; set aside.

Fold lemon juice in the cold Italian meringue. Add candied lemon or zest and whipped cream. Fill up frozen empty lemons and freeze 3 hours or for up to 6 weeks. Zest some lime put tops back on and serve! 🍋

