Mom's LEMON BARS - Dreaming of Sicily

RECIPE

INGREDIENTS 20 squares or 40 triangles

FOR THE CRUST

- · 1-3/4 cup all-purpose flour, spooned into measuring cup and leveled-off
- · 1/4 cup cornstarch
- · 1 teaspoon salt
- · 1 cup Confectioners' sugar, plus more to decorate finished bars
- · 2 sticks (1 cup) cold unsalted butter, cut into 1/2-inch pieces

FOR THE LEMON FILLING

- · 6 large eggs
- · 3 cups granulated sugar
- · 2 tablespoons lemon zest (be sure to zest the lemons before juicing)
- · 2/3 cup freshly squeezed lemon juice, from 5 to 6 lemons
- · 2/3 cup all-purpose flour

INSTRUCTIONS

MAKE THE CRUST

- Adjust an oven rack to the middle position and preheat the oven to 350°F175C
- Cover a 9x13-in metal baking pan with heavy-duty aluminum foil. Push the foil neatly into the corners and up the sides of the pan, using two pieces if necessary to ensure that the foil overlaps all edges (the overhang will help removal from the pan)
- Spray the foiled pan with nonstick cooking spray
- Place the flour, corn starch, salt and Confectioners' sugar in the bowl of a food processor fitted with the blade attachment and mix for a few seconds
- Add the butter and mix to blend until the mixture resembles coarse meal, 10 to 15 seconds
- Sprinkle the mixture into the prepared pan and press firmly with your fingers into an even layer, building up a thin 3/4-inch edge around the sides (this keeps the filling from spilling beneath the crust)
- Refrigerate for 30 minutes or freeze for 15 minutes
- Bake the crust until lightly golden, 15 to 20 minutes.

MAKE THE FILLING

- In a large bowl, whisk together the eggs, sugar, lemon juice, lemon zest, and flour
- Be sure no lumps of flour remain.

MAKE THE BARS

- When the crust is ready, give lemon mixture a quick final stir and then pour it over the top of the crust
- Immediately return the pan to the oven and bake another 30 to 35 minutes, or until the topping is set and firm
- Let the bars cool on a rack to room temperature; it will take several hours.
- Use the foil overhang to lift the baked mass out of the pan and onto a cutting board
- Carefully loosen the foil from the edges of the crust, using a knife if necessary

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RECIPE

- Using a sharp knife, cut into squares or triangles
- Use a fine sieve to dust the squares with Confectioners' sugar & lemon zest
- Store the bars in a covered container in the refrigerator for up to 4 days

SERVING/NOTES

- Serve chilled or room temperature with coffee or tea or as dessert after a hearty meal
- Freezer-Friendly Instructions: The bars can be frozen for up to 3 months. After they are completely cooled, freeze the batch whole, covered tightly with aluminum foil or plastic freezer wrap. Before serving, remove them from the freezer and let them thaw overnight in the refrigerator. Cut the bars and then sprinkle with Confectioners' sugar before serving.

HELPFUL HINTS/TIPS

CRUST

The crust is a buttery shortbread easily made. One must remember to use cold, out of the refrigerator *unsalted* butter. I personally find it's better to use a pastry cutter to blend the butter into the flour, sugar mixture as I have control over the dough. Bake it for only the 15 minutes called for in the recipe. Yes, it will look like it's not baked but you will be putting it back in the oven for another 30 minutes to bake the filling and this will insure your crust does not turn brownish in color after the second baking.

I've made the mistake of thinking the crust needed a few more minutes and was disappointed at the texture and taste of the crust in the finished product.

LEMON FILLING

The lemon filling is delightful. I use freshly squeezed lemons only. I've tried the lemon juice concentrate from a bottle and the taste is just not what it should be. Besides, using fresh lemons gives you the lemon zest which I use to sprinkle on top of the squares once I complete with powdered sugar.

ALUMINIUM FOLI/BAKING

You *must* line the pan with aluminlum foil and allow to hang over the sides. This truly is the best way to get the creation out of the baking pan. I still find it necessary to take a straight edged knife and loosen a bit to get it out of the pan. Follow the cooling and refrigerating directions. The final step is to shake 10X powdered sugar & lemon rind on top after cutting into squares.

Enjoy! Buon apetito!

Nutrition tip

Lemons are an excellent source of vitamin C + they are also a rich source of potassium, calcium, phosphorus, and magnesium. Lemons aid digestion and boost the immune system.

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