

Vickie's Low-Carb Sugar-Free Lemon Cheesecake

Adapted from <http://www.pressurecookingtoday.com/meyer-lemon-cheesecake/>
and Pressure Cooker Meyer Lemon Cheesecake jillcooks.com



Servings: 6-8

Time: 1.5-2 hours to make (Prep time plus 15 minutes to come to pressure, 35-45 cook time, 15 NPR time), plus 1 hour cooling and 4+ hours chill time

Crust Ingredients *(optional):*

- 3/4 cup blanched almond flour
- 2 Tbsp granulated erythritol (i.e. Swerve granulated sweetener)
- 2 Tbsp butter, melted
- 1/2 tsp lemon zest
- (2 Tbsp room temperature butter for coating pan)

Crust Steps:

1. In a medium bowl, whisk together almond flour, lemon zest and erythritol. Stir in melted butter until dough begins to clump together.
2. Put a parchment round on buttered silicone pan bottom or disc, butter sides of pan and parchment. Press mixture evenly onto bottom of parchment covered pan and slightly up sides of pan. Freeze 15 minutes or until batter is ready.

Filling Ingredients:

- 2 8-ounce packages cream cheese, at room temperature
- 1/2 cup granulated erythritol
- 2 large eggs, at room temperature
- 1 large egg yolk, at room temperature *(optional)*
- 1/8 cup heavy cream OR 1/4 cup sour cream, at room temperature
- 2 tsp finely grated lemon zest *(zest of 1 lemon)*
- 1 - 4 Tbsp fresh lemon juice *(juice of a small/medium lemon)*
- 1 Tbsp gluten free and/or low-carb flour, i.e., Tapioca Flour *(optional)*
- 1/2 tsp vanilla extract

Filling Steps:

1. In a large bowl, beat cream cheese, erythritol and flour (if using), until smooth.

2. Add cream, lemon juice, lemon zest, and vanilla and blend until combined. Give the batter a final stir with a spatula to make sure it is fully mixed and smooth.
3. Add eggs and yolk, one at a time, mixing well after each addition. Don't overmix!
4. Pour filling into the pan, on top of the crust.

Pressure Cook:

1. Add 1.5 cups of filtered water to the bottom of your pressure cooker liner and then place a trivet inside the pot.
2. Cover the cheesecake first with a paper towel and then with a piece of aluminum foil and secure it around the sides (or CooksEssentials cover for 7" silicone pan.)
3. Place cheesecake into pressure cooker using a sling (CooksEssentials handles.)
4. Lock pressure cooker cover into place. Set the pressure to high for 35-45 minutes* (*see note below*). Allow a 15 minute natural release.
5. After all pressure has been released, open pressure cooker and gently remove the pan. Remove the foil and paper towel (or silicone CooksEssentials cover) and dab off any liquid that may have accumulated.
6. The center might be a bit jiggly, but don't worry. The heat that is trapped inside will continue to cook the center while the cheesecake cools.
7. Remove the pan to a wire rack to cool. If there is a little water on top blot with a paper towel. When cheesecake is completely cooled, refrigerate covered with plastic wrap for at least 4 hours or overnight.

Sour Cream Topping Ingredients (*optional*):

- ½ cup sour cream
- 2 teaspoons granulated erythritol
- 1 teaspoon lemon zest

Topping Steps:

8. Mix together the sour cream and erythritol and spread on the hot cheesecake.
9. Let cool on wire rack for one hour.
10. Cover and place in refrigerator overnight. (I use CooksEssentials silicone cover)
11. Ran warm knife around edge of pan and remove to a plate (I use two plates: cover pan with first plate, turn over and allow cheesecake to gently go onto plate upside down. Then cover cheesecake with a 2nd plate - the one you will serve the cake on. Flip over so that the cheesecake is correct side up.)

Fruit Topping (*optional*):

Top chilled cheesecake with low-carb fruit or fruit sauce, i.e., strawberries, blueberries, raspberries or a sugar-free fruit jam or sugar-free fruit curd.

Notes

- If you use a 6 inch pan: for a softer cheesecake, cook for 35 minutes.
- For a more firm cheesecake, cook for 40-45 minutes.
- Use the flour if you want a denser filling.
- If you use a 7 inch pan, cut the cooking time to 30-40 minutes