

Fruit Tart with Pastry Cream

Pâte Sucrée dough

Yield: 9 inch fluted tart shell

Ingredients

175 g all-purpose flour

100 g COLD chopped European-style butter

25 g powdered sugar

Pinch of salt

1 egg yolk

1 Tb water

Method

In a food processor using the dough blade, add the flour, sugar, salt and butter. Pulse until it resembles corn meal. Add the yolk and water and pulse until the dough comes together and forms a ball.

Let rest in the fridge 30 minutes or overnight. Roll out the dough slightly larger than the size of the tart pan. Place in the bottom of the pan, making sure that the dough covers the sides all the way to the edge. Prick the bottom of the tart dough many times with a fork.

Freeze the tart shell for 30 minutes. The freezing will help keep the shell from slipping down the outside edge.

Taking the tart directly from the freezer, bake at 375° for about 25 minutes or until golden brown. (Don't let it warm to room temperature before baking.)

The shell must be cool before using or freeze overnight to use the next day.

Optional: Brush inside with a very thin layer of melted white, milk or dark chocolate to help prevent a soggy crust.

Pastry Cream

Ingredients

200 g whole milk

35 g granulated sugar

1 vanilla bean, split and scraped

10 g cornstarch

10 g flour

35 g granulated sugar

60 g egg yolks

50 g cold whole milk

30 g European-style butter

Method

In a medium sauce pan, put the first quantity of milk, first quantity of granulated sugar, and the vanilla bean and scrapings. Heat to almost a boil, but do not allow to fully boil or the milk will curdle. Remove the vanilla bean pod, scraping off any residual beans into the milk.

In a mixing bowl, stir together with a whisk very, very thoroughly the cornstarch, flour, second quantity of granulated sugar, yolks and cold whole milk, ensuring there are NO lumps of any kind.

Add the hot milk mixture very slowly to this mixture, stirring with a whisk the entire time. After all of the mixture is combined, put back on the flame over a medium heat, stirring constantly with the whisk. When the mixture starts to get thick and begins simmering, continue stirring briskly for another 30 seconds to a minute. Turn off the heat and run a rubber spatula around the bottom edge of the pan to ensure all of the mixture has been well incorporated.

Add the butter and stir thoroughly with whisk until melted.

Transfer to a metal bowl and place plastic film onto the surface so a skin doesn't form.

Chill thoroughly.

Assembly of the Fruit Tart

Ingredients

Your choice of: (approximately 2 pints total volume for combined fruits)

Blueberries

Raspberries

Strawberries (sliced)

Blackberries

Kiwi (sliced and peeled)

Apricot jam (approximately 1/2 cup)

Pipe or spread the pastry cream into the tart shell. Top with fruit in any decorative pattern.

Melt apricot jam in a microwave until very hot and brush the top of the fruit tart. This will seal in the fruit and give the tart a beautiful shine.

Refrigerate until ready to be served.