

**CUL 105: BAKING & PASTRY I**  
**DAY 5 & 6: RECIPES**

**CATEGORY: PIE & TARTS**

**FRESH FRUIT TART**

**YIELD: 1**

**FOR TART DOUGH:**

**INGREDIENTS:**

225 g	Unsalted butter, softened but still cool
105 g	Granulated sugar
3.4 g	Table salt
36 g	Egg yolk, at room temperature
402 g	Pastry flour, sifted
30 g	Heavy cream

**NOTE:** You will have extra dough, which you can save

**FOR PASTRY CREAM:**

312 g	Whole milk
236 g	Heavy cream
1	Vanilla bean, split lengthwise
114 g	Granulated sugar
144 g	Egg yolk (about 8 egg yolks)
42 g	Cornstarch
57 g	Unsalted butter, cold and cut to medium dice,

**FOR WHIPPED CREAM TO FOLD INTO PASTRY CREAM:**

120 g	Heavy cream
10 g	Granulated sugar

**FRUIT TO ASSEMBLE TART:**

2	Medium kiwis, peeled, halved lengthwise, and cut crosswise into 1/8" thick slices, washed
10-15	Strawberries, sliced to 1/8" thickness, vertically, washed
1/2 C- 3/4 C	Blueberries, washed

### **GLAZE TO BRUSH FRUITS AFTER TART IS ASSEMBLED:**

65 g	Neutral glaze (can also use apricot jelly)
25 g	Water, to dilute to a glaze consistency

### **PROCEDURES:**

#### **FOR TART DOUGH:**

- 1) In a mixer bowl, fitted with paddle attachment, cream the butter on low speed about 2 minutes. Stop the mixer and scrape the sides of the bowl as necessary.
- 2) Then, add the sugar and mix until well combined.
- 3) Then, add the salt and egg yolks, one at a time, scraping the sides of the bowl as necessary after each addition.
- 4) Then, add the flour and mix until the dough just about comes together, about 30 seconds.
- 5) Then, add the cream, and pulse the mixer on low speed for 15 to 30 seconds, until the dough is smooth.
- 6) Roll the dough to a circle between two parchment paper as demonstrated, to 1/8" in thickness. The dough should be rolled 1 inch more than the edge of the tart pan.
- 7) Then loosely roll the dough around rolling pin and gently unroll it onto the tart pan, letting excess dough hang over the edge.
- 8) Ease dough into tart pan by gently lifting edge of dough with your hands while pressing into tart pan bottom with your other hands.
- 9) Remove excess dough as demonstrated, using a rolling pin.
- 10) Chill the dough in the freezer for about 30 minutes before baking.
- 11) Prick the bottom of the tart shell before baking, and line it with coffee filter as demonstrated, and fill with pie weights.
- 12) Adjust oven rack to the lower third of the oven, and heat oven to 350° F.
- 13) Set prepared tart pan on a sheet pan, and bake for 15 minutes.
- 14) After this time, remove foil and pie weights, and continue baking for another 6 minutes, until golden brown.
- 15) Cool before filling it.

#### **FOR PASTRY CREAM:**

- 1) Prepare an ice water bath.
- 2) In a pot, combine  $\frac{3}{4}$  of the milk, the heavy cream, and the vanilla bean, and bring this mixture to a simmer over medium heat.
- 3) Remove from the heat, and let the vanilla bean steep for 15 minutes.
- 4) After the 15 minutes, with a pairing knife, scrape the seeds from the pod into the milk-cream mixture.

- 5) In a bowl, combine the sugar and yolks, and stir vigorously with a whisk to combine well.
- 6) Then, in a small bowl, combine the cornstarch with the remaining of the milk and stir to dissolve the cornstarch well.
- 7) Over medium heat, bring the milk-cream mixture just to a simmer, then pour it slowly into the yolks while whisking continuously.
- 8) Pour this mixture back into the pot and add the cornstarch-milk mixture.
- 9) Then continue stirring over medium heat until the mixture just hits a boil and becomes very thick.
- 10) Then put the pot immediately into the ice bath and continue stirring to cool down slightly but still warm to melt the butter
- 11) Then, add the butter and stir until it's completely incorporated, using a hand blender.
- 12) Pass the mixture through a chinois into a bowl prepared over the ice bath, and cool thoroughly before refrigerating.
- 13) Cover the bowl with plastic wrap, pressing the wrap against the surface of the pastry cream (so it doesn't build a skin), and refrigerate until ready to use.

#### **FOR WHIPPED CREAM:**

- 14) In a mixer bowl, with whip attachment, combine heavy cream and sugar and combine to whipped consistency.
- 15) Then fold into pastry cream.

#### **FOR GLAZE:**

- 16) In a pot, combine neutral glaze with water, and cook over low heat until you obtain a glaze consistency, that you can brush and it will adhere to fruits. Strain through a chinois. Let it cool and set aside.

#### **TO ASSEMBLE TART:**

- 17) Spread chilled pastry cream evenly over bottom of cooled tart shell, about  $\frac{3}{4}$  filled.
- 18) Shingle kiwi slices around edge of tart, and then arrange rows of strawberries inside kiwi ring. Use gloves when assembling the fruit tart.
- 19) Finally, mound blueberries in middle of tart.
- 20) Using a pastry brush, gently dab the glaze over the fruit.