

Crème Pâtisserie Tarts



Ingredients list

For the sweet pastry

- o 350g plain flour
- o 125g unsalted butter (COLD IN THE FRIDGE)
- o 125g caster sugar
- o 3 eggs

For crème patisserie

- o 500ml full fat milk
- o 2 vanilla pods (vanilla essence will also work)
- o 6 free-range eggs, yolks only
- o 120g caster sugar
- o 50g plain flour

For decorating on top (recommendation but any fruit will be fine!)

- o Strawberries
- o Raspberries
- o Blueberries

Equipment list

- Loose bottomed tart tin
- Rolling pin
- Glass bowl
- Measuring jug (if you haven't measured out your milk already!)
- Saucepan
- Metal cutlery knife
- Hand Whisk
- (small) Plastic bowl

BLAST CHILLER ON

Method

1. Preheat the oven to 190C/170C Fan/Gas 5.
2. Stir the flour and salt together in a large mixing bowl. Add the butter straight from the fridge into the flour and cut into small pieces. Rub into the mixture.
3. Add the 125g sugar, mix together 2 eggs and 1 egg yolk. Add to the flour/butter mixture. Gently mix with a dough scraper, until the dough comes together in a ball.
4. Lightly flour a work surface, tip the pastry ball out onto it, and knead until you have a smooth soft dough. Do not over work the dough as you want it soft and not hard.
5. Roll out the pastry so that it is large enough to cover the tart tin leaving an overhang of pastry. Place some greaseproof paper over the top and fill with baking beans. Rest in the fridge for 20 minutes.



Method

1. Once chilled, place the pastry tart cases on a baking tray and cook for 15 minutes. Lift out the paper and beans, brush with beaten egg yolk, and place back in the oven for 8 minutes. It should look golden brown once cooked.
2. Remove from the oven and allow to cool for 15 minutes. Then trim the edges and lift out onto a cooling rack.



Method

For crème patisserie

1. Place the milk, vanilla seeds and pods into a large saucepan and warm though.
2. Place the eggs, sugar and flour in a large mixing bowl and whisk until the colour changes and becomes pale. Gradually add the warm milk and vanilla to the egg mixture, whisk together, then return the mixture to the pan. Cook on a low heat until it the mixture thickens, then pour into the cooked tart pastry.
3. Place in the chiller to set
4. Cut the fruit into neat, even slices ready for decoration. Create a pattern on the top with your fruit!

500ml full fat milk

- o 2 vanilla pods (vanilla essence will also work)
- o 6 free-range eggs, yolks only
- o 120g caster sugar
- o 50g plain flour

