

FRESH FRUIT TARTS

PÂTE SUCRÉE

Ingredients

- 8 ounces (227 g) cold unsalted butter
- 4 ounces (113 g) sugar
- 1 teaspoon pure vanilla extract
- 2 egg yolks
- 1 whole egg
- 12 ounces (340 g) all-purpose flour, sifted
- 1/8 teaspoon salt

Directions

1. Cut the butter into chunks.
2. In a stand mixer fitted with the paddle attachment or in a bowl using a handheld mixer, cream together the butter, sugar, salt, and vanilla until combined, about 2 minutes. Do not overbeat. The butter should still stay yellow in color and not whiten.
3. Add the yolks and whole egg, and mix until well combined.
4. Add the flour all at once, and mix only until the flour disappears on low speed.
5. Wrap the pastry in plastic and store in the refrigerator. Let rest a minimum of 4 hours before using. The pastry can be stored in the refrigerator for up to 5 days or in the freezer for up to 1 month.

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PASTRY CREAM

Ingredients

- 13 ounces (369g) of whole milk
- 2 ounces (57 g) sugar (sugar #1)
- ½ vanilla bean, 2 teaspoons vanilla bean paste, or 2 teaspoons pure vanilla extract
- 2 ounces (57 g) sugar (sugar #2)
- 3½ tablespoons (36 g) cornstarch
- 3 ounces (85 g) milk
- 4 egg yolks
- 1 ounce (28 g) unsalted butter

Directions

1. Pour the 13 ounces (369 g) milk into a saucepan. Add the first 2 ounces (57 g) of sugar.
2. If using the vanilla bean, split it in half lengthwise with a paring knife, carefully scrape the seeds into the saucepan with the milk and first sugar. If using the vanilla bean paste add 2 teaspoons to the milk and the first sugar in the saucepan. If using vanilla extract add 2 teaspoons after the pastry cream is removed from the heat at the end of cooking.
3. Place the saucepan on medium heat and bring to a low boil.
4. While the milk is heating, in a separate bowl, combine the cornstarch to the remaining vanilla sugar. Stir until well combined. It should look like a fine dust.
5. Add the 3 ounces (85 g) of milk and the egg yolks to the sugar and cornstarch mixture.
6. Pour half of the boiling milk into the cornstarch mixture, and then quickly pour the egg-milk mixture back into the saucepan. It is important to bring the egg mixture up to the temperature of the milk so that the eggs don't scramble.
7. Using the whisk, gently stir the egg-milk mixture over medium heat as it thickens, then whisk briskly until smooth. Cook for 1 minute once the mixture has thickened. Remove from heat.
8. Add the butter and the vanilla extract, if using.
9. The mixture should look smooth, but if you see any sign of lumps, strain the mixture.
10. Pour the pastry cream onto the baking sheet lined with plastic wrap. Spread the pastry cream flat with a spatula and cover the entire surface with another piece of plastic. The pastry cream will form a skin if the plastic wrap is not against the surface. Immediately, place the pastry cream in the refrigerator.
11. Alternately, the pastry cream can be poured into a clean bowl and placed over an ice water bath. Press a piece of plastic wrap over the surface and stir often.
12. Pastry cream must be refrigerated. It has a shelf life of 2-3 days.

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GANACHE

Ingredients

- 8 ounces (227 g) heavy cream
- 8 ounces (227 g) semisweet or bittersweet chocolate (32 percent minimum cacao)

Directions

1. Bring the cream to a low rolling boil in a medium saucepan.
2. Place the chocolate in a heatproof bowl, and pour the hot cream over the chocolate.
3. Let sit for 2 to 3 minutes, then stir with a spatula until the ganache is smooth. It should look glossy and rich.

FRUIT TART AND ASSEMBLY

Ingredients

- 3 ounces (85 g) of ganache
- 1 fully baked tart shell
- 1 recipe pastry cream, softened
- Assorted fruit such as whole or sliced berries, sliced kiwis, and drained sliced oranges
- 4 ounces (114 g) apricot jam, thinned, warmed and strained
- Extra strained jam can be stored in the refrigerator for future use

Directions

1. Spread the ganache on the inside bottom of the tart shell.
2. Fill the shell three-fourths of the way with the pastry cream.
3. Arrange fruit on top of the pastry cream, completely covering it. Note that if the pastry cream is exposed to the air, it will form a skin.
4. Brush the fruit with the jam.
5. Fruit tarts must be stored in the refrigerator and are best eaten the same day they are made.