

Exotic tartlet, mango and passion fruit jelly, pineapple brunoise, crystallized fresh mint

Recipe for 4

Description

A tartlet that lets you bite into the fruit, a sensation of freshness.

Note

You can make the crystallized mint leaves the day before or a few days before.

Ingredients

Sweet dough

- 175 Gr Butter
- 95 Gr Icing sugar
- 45 Gr Almond powder
- 1 Unit(s) Lemon zests
- 400 Gr Flour
- 30 Gr Eggs yolk
- 42 Gr Egg white

Pinapple salad

- 0.50 Unit(s) Pineapple
- 1 Tbsp Icing sugar
- 6 Leaf(ves) Mint

Mango and passion fruit jelly

- 250 Ml Mango puree
- 250 Ml Passion fruit purée
- 125 Ml Orange juice
- 1 Tbsp Lemon juice
- 50 Gr Sugar
- 6 Leaf(ves) Gelatin

Finish

- 12 Leaf(ves) Mint
- 1 Berries Egg white
- 50 Gr Sugar

Preparation

- Preparation time **90 mins**
- Preheat your **Oven** at **356 F°**
- Resting time **45 mins**

Sweet dough

Sift flour, powdered sugar. Cut the cold butter into small cubes.

Pour the sifted dry ingredients into the bowl of a mixer (by hand or with a sheet in the mixer). Add the almond powder and lemon zest. Knead until the dough is sandy (like a fine crumble).

Then pour in the egg yolk and egg white, finalizing the mixture to form a dough. Let the dough fall onto the table, then continue with the palm of your hand to finalize the homogenization of the dough.

Using a rolling pin, roll out the dough to a maximum thickness of 2-3 mm. Make sure the dough is evenly spread over the entire surface. Once the tray or tart ring is dark, leave it in the fridge for around twenty minutes.

Mango and passion fruit jelly

Place the gelatine leaves one by one in a bowl filled with cold water, and once softened, squeeze them firmly between your hands.

Bring the orange juice and sugar to the boil in a saucepan. Remove from the heat and add the softened gelatine leaves.

In a large bowl, pour in the passion fruit and mango juices, then pour over the jellied orange juice through a chinois étamine. Add the lemon juice and blend with an immersion blender.

Pour the (cold) mixture into the bottom of your baked tartlets or verrines. Leave (ideally) overnight in the fridge, then freeze if you wish.

Pineapple salad

Peel the pineapple and remove the core (too hard).

Cut the pineapple flesh into small cubes (mini-brunoise).

In a bowl, mix the brunoise with the powdered sugar and a chiffonade of mint leaves.

Set aside in the fridge.

Crystallized mint leaves

Keep the finest mint leaves, and in a bowl, lightly whisk the egg white just to liquefy it.

Pass the leaves one by one, both sides, through the egg white, removing any excess.

Dip them in the sugar, then place them on a baking sheet lined with baking paper.

Place in a very low oven (195°F/90°C) and leave to dry for 1 h 30, checking from time to time.

Assembly

Pour the mango passion fruit jelly into the tartlet shells (when cold). Refrigerate for 30 minutes.

Once the jelly has set, place the pineapple brunoise salad over the entire surface, finishing with crystallized mint leaves.

Bon appétit!