

Peach tart and green pistachio english cream

Recipe for 4 servings

Description

Thin slices of peach placed with a generous layer of apple sauce and topped with english cream flavored with pistachio and vanilla ice cream.

Note

The pistachio nut is preferred because it is rich in nutrients. It offers over 30 vitamins, minerals and phytonutrients different. It is also one of the poorest nuts calorie (3-4 calories per nut), is a negligible source of fat and has the more fiber.

Ingredients

For the pie

- 4 Square(s) Puff pastry
- 2 Unit(s) Peach
- 1 Unit(s) Egg
- 90 Ml Apple sauce

For the pistachio crème anglaise

- 250 Ml Milk
- 2 Unit(s) Egg yolk
- 50 Gr Sugar
- 15 Ml Pistachio paste

For the garnish

- 4 Ball(s) Vanilla ice cream
- 15 Gr Pistachios

Preparation

- Preparation time **30 mins**
- Preheat your **four** at **400 F°**

General preparation

Cut the peaches into thin slices. In a bowl, beat the egg. Using a knife, chop pistachios.

Preparation of the tart

Cut the puff pastry portions in the size of your choice to make thin tarts. Cover the dough circles with compote and arrange the slices of peaches. With a brush, brush edges of pie with beaten egg. Place the tarts on a baking sheet lined with parchment paper and bake in oven for about 15-20 minutes. The dough should be golden brown.

Preparation of the english cream

In a bowl, beat egg yolks and sugar until the mixture whitens. In a saucepan, add milk and pistachio paste. Bring to a simmer. Pour hot milk over egg mixture. Cook over low heat until the cream coats the back of a spoon.

To serve

Serve the tart accompanied by vanilla ice cream. Garnish with english cream with crushed pistachio nuts .

Bon appétit!