

Sweet tartlet with red fruits, pastry cream, meringue ball and powdered sugar

Recipe for 4

Description

Traditional red fruit tartlets

Note

Make sure the crème pâtissière is thoroughly cooked (boiling for at least one minute) to ensure that it holds its shape when cold.

Ingredients

Sweet dough

- 250 Gr Butter
- 160 Gr Icing sugar
- 2 Unit(s) Egg
- 50 Gr Almond powder
- 4 Gr Salt
- 420 Gr Flour

Vanilla custard cream

- 250 Ml Milk
- 3 Unit(s) Eggs yolk
- 85 Gr Sugar
- 35 Gr Cornstarch
- 1 Unit(s) Vanilla bean
- 30 Gr Butter

Swiss Meringue

- 100 Ml Egg white
- 125 Gr Sugar
- 0.50 Unit(s) Lime zest(s)

Red fruits

- 0.25 Tray(s) Strawberry
- 0.25 Tray(s) Raspberries
- 0.25 Tray(s) Blueberry
- 1 Tbsp Icing sugar

Preparation

- Preparation time **90 mins**
- Preheat your **Oven** at **356 F°**
- Resting time **30 mins**

Sweet dough

Soften the butter (by hand or with the sheet in the mixer), add the powdered sugar, then the eggs one by one.

Sift in the flour and almond powder, add the salt, then pour in the rest, finalizing the mixture so that you have a smooth dough.

Drop the dough onto a table, and continue mixing with the palm of your hand.

Wrap the dough in cling film and leave to rest in the fridge for at least 45 min.

After resting time

Using a rolling pin, roll out the dough to a maximum thickness of 2 to 3 mm. Make sure the dough is evenly spread over the entire surface.

Once the tray or tart ring has darkened, leave it in the fridge for around 20 minutes.

Pastry cream

Heat the milk in a saucepan.

In a bowl, whisk the yolks with the sugar, then add the cornstarch and stir.

Pour the hot milk into the bowl, whisking rapidly, then return the mixture to the saucepan and cook (thicken), whisking continuously.

Remove from the heat and add the butter. Place the crème pâtissière on a baking sheet lined with cling-film and chill in the fridge until cool.

Swiss Meringue

Ideally, place the egg whites and sugar in the bowl of an electric mixer and whisk by hand.

Place on a bain-marie and whisk continuously to avoid cooking the whites, as the sugar will dissolve with the heat.

Once the mixture is hot to the touch, place the bowl on the mixer and leave until cool. Alternatively, remove from the bain-marie and whisk until cool.

Add the lime zest directly to the finished tartlet.

Red fruits

Wash the fruit well under cold running water, removing the stalks from the strawberries.

Cut strawberries into cubes and raspberries into halves, keeping the smaller fruits whole.

Use a small sieve for the powdered sugar.

Assembly

Using a pastry bag, fill the bottoms of the baked tartlets with pastry cream.

Place your brunoise of cut fruit on top, arranging the strawberries, raspberries and blueberries in a pretty pattern.

Using a pastry bag and a small plain tip, pipe small balls of meringue here and there between the fruit.

Lightly blowtorch the meringue.

Finish with lime zest all over the tartlet, and sprinkle with powdered sugar.

Bon appétit!