

Fruit Tart

Makes an 8-9" tart



Recipe from
www.thejoyofbaking.com
and
www.bigoven.com

Puff Pastry

- 1 ½ cups flour
 - Pinch of salt
 - ½ cup of unsalted butter
 - ¼ cup granulated sugar
 - 1 large egg
- Preheat oven to 400°F. Butter pan
Sift flour & salt in a bowl. Set aside
In mixer, beat butter until softened. Add sugar & beat until light & fluffy.
Gradually add egg until just mixed.
Gently combine flour mixture & mix until a ball forms.
Note: Overworked pastry becomes hard when baked.
Flatten dough into a disk. Cover with plastic wrap & refrigerate for 20 minutes to firm.
On lightly floured surface, roll out pastry into 11" circle - approx. 1/8" thick. Place in tart pan. With a small floured pastry piece, lightly press actual pastry into bottom & up sides of pan. Prick bottom.

Lemon-Almond Cream

- 1¼ cups of milk
 - ½ vanilla bean split lengthwise
 - Zest of a lemon
 - 3 large egg yolks
 - ¼ cup of granulated sugar
 - ½ cup of flour
 - 2 tbsp of cornstarch
 - Juice of a lemon
- Use stainless steel bowl to mix sugar & yolks.
Sift flour & cornstarch. Combine mixtures to form a smooth paste. Set aside.
In saucepan combine milk and vanilla until boiling.
Watch carefully: done when milk foams up to top of pan.
Remove from heat, add slowly to egg mixture, whisking to prevent curdling (strain if it occurs). Remove vanilla bean, scrape out seeds & add seeds to egg mixture.
Place the mixture back into saucepan over med. heat - whisking constantly. At boil, whisk another 30-60 sec., until thickening makes it hard to stir. Remove from heat & add lemon juice.
Pour into clean bowl, immediately cover with plastic wrap & refrigerate up to 3 days.
Beat before using to remove possible lumps. Fill pastry crust with the chilled cream.
Begin placing fruit on the tart's perimeter, artfully working inwards to arrange berries with their rounded side facing up.

Fruit Tart

Makes an 8-9" tart



Recipe from
www.thejoyofbaking.com
and
www.bigoven.com

Puff Pastry

- 1 ½ cups flour
 - Pinch of salt
 - ½ cup of unsalted butter
 - ¼ cup granulated sugar
 - 1 large egg
- Preheat oven to 400°F. Butter pan
Sift flour & salt in a bowl. Set aside
In mixer, beat butter until softened. Add sugar & beat until light & fluffy.
Gradually add egg until just mixed.
Gently combine flour mixture & mix until a ball forms.
Note: Overworked pastry becomes hard when baked.
Flatten dough into a disk. Cover with plastic wrap & refrigerate for 20 minutes to firm.
On lightly floured surface, roll out pastry into 11" circle - approx. 1/8" thick. Place in tart pan. With a small floured pastry piece, lightly press actual pastry into bottom & up sides of pan. Prick bottom.

Lemon-Almond Cream

- 1¼ cups of milk
 - ½ vanilla bean split lengthwise
 - Zest of a lemon
 - 3 large egg yolks
 - ¼ cup of granulated sugar
 - ½ cup of flour
 - 2 tbsp of cornstarch
 - Juice of a lemon
- Use stainless steel bowl to mix sugar & yolks.
Sift flour & cornstarch. Combine mixtures to form a smooth paste. Set aside.
In saucepan combine milk and vanilla until boiling.
Watch carefully: done when milk foams up to top of pan.
Remove from heat, add slowly to egg mixture, whisking to prevent curdling (strain if it occurs). Remove vanilla bean, scrape out seeds & add seeds to egg mixture.
Place the mixture back into saucepan over med. heat - whisking constantly. At boil, whisk another 30-60 sec., until thickening makes it hard to stir. Remove from heat & add lemon juice.
Pour into clean bowl, immediately cover with plastic wrap & refrigerate up to 3 days.
Beat before using to remove possible lumps. Fill pastry crust with the chilled cream.
Begin placing fruit on the tart's perimeter, artfully working inwards to arrange berries with their rounded side facing up.

Share this recipe with a friend!

Nutrients (approximately)

324 Calories per slice(not including fruit),

Fat 16.9g, Saturated Fat 9.8g, Cholesterol 158.3mg, Sodium 32.7mg,

Carbohydrates 37.3g, Fiber 0.7g, Sugars 16.6g, Protein 6.4g