



# Fruit Tart

*Yields 1 Eggless portion*

Sweet tart shell filled with delicious custard and topped with some fresh fruits!



<b>Portions</b>	<b>Level</b>	<b>Costing</b>
1	Basic	Rs 125*



# Tart Dough

## Ingredients and Equipments

INGREDIENTS	QUANTITY
ALL PURPOSE FLOUR	63 G
ICING SUGAR	15 G
SALT	1/8 TSP
SALTED BUTTER (COLD)	38 G
WATER (COLD)	5 G

Equipment Used
BOWLS
SPOONS
BUTTER PAPER
PERFORATED 4 INCH PIE RING
ROLLING PIN
TOOTHPICK/ FORK
SCALE
KNIFE
BAKING TRAY
CLING WRAP

Oven Temperatures
OTG
200C UPPER ROD + LOWER ROD + FAN
DECK OVEN
200C UPPER ROD
200C LOWER ROD
UNOX
160C, FAN SPEED-1, HUMIDITY-0,





# Tart Dough

## *Method*

1. Preheat the oven at 200°C (OTG mode: upper rod + lower rod + fan).
2. In a bowl, sift together flour, icing sugar and salt. Now add butter and rub it with the dry ingredients using your fingertips, until a sandy texture is achieved.
3. Lastly add in cold water and combine together to form a dough.
4. Once the dough is formed, flatten it a little and cling wrap. Refrigerate it for 10 - 15 minutes.
5. Now take out the dough from the fridge and roll it between two butterpapers to approximately 3 mm thickness.
6. Cut out rectangular strips from the rolled out dough, to line around the perforated pie ring. Now place the ring on remaining dough and press it.
7. Trim off excess dough from the edges with the help of a knife and freeze the shell for 10 - 15 minutes before baking.
8. Lastly dock the frozen shell using a fork. Place cling wrap over the shell and fill with rice or pulses. Now blind bake the shell at 200°C (OTG mode: upper rod + lower rod + fan) for 15 - 20 minutes or until slight golden brown in color.

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### **Making Cost - Rs 25\***

**Chef's note:** Placing a bag of rice or pulses in the shell along with docking before baking, prevents the shell from rising during baking.



# Custard Filling

## Ingredients and Equipments

INGREDIENTS	QUANTITY
FULL FAT MILK	81 G
UNSALTED BUTTER	5 G
CASTOR SUGAR	19 G
CORN FLOUR	4 G
CUSTARD POWDER	4 G
POMEGRANATE	2 TBSP
FAB MIX FRUIT ESSENCE	2 - 3 DROPS

### Equipment Used

BOWLS & SPATULA

SAUCEPAN

INDUCTION

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# Custard Filling

## *Method*

1. In a bowl, take corn flour and custard powder together. Add some quantity of milk to it and make a slurry.
2. In a saucepan, take castor sugar and remaining quantity of milk together. Once it's warm, add corn flour & custard powder slurry. Mix and let it come to a boil.
3. Cook the mixture until it thickens and then remove from heat. Take it out in a bowl, and let the mixture cool down to 35 - 40°C.
4. Now add in unsalted butter and mix well. Lastly add in mix fruit essence and mix.
5. Take out 10 g of custard in a small bowl, it will be used for frosting.
6. Add pomegranate to the remaining custard, mix well. Keep aside for further use.

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**Making Cost - Rs 50\***



# Frosting

## Ingredients and Equipments

INGREDIENTS	QUANTITY
NON-DAIRY WHIPPING CREAM	50 G
CUSTARD FILLING	10 G

- Equipment Used**
- BOWL
  - HAND BEATER
  - SPATULA
  - PIPING BAG
  - LARGE OPEN STAR NOZZLE
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# Frosting

## *Method*

1. In a bowl, using an electric beater, beat whipping cream till stiff peaks.
2. Now fold in the 10 g custard that was kept aside, using cut and fold method.
3. Lastly transfer the frosting into a piping bag fitted with large open star nozzle. Keep aside for further use.

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**Making Cost - Rs 20\***



# Fruit Tart Assembly

## Ingredients and Equipments

INGREDIENTS	QUANTITY
FRESH STRAWBERRIES (CUT IN LONG SLICES)	4 - 5 NO.
MALA'S STRAWBERRY COMPOTE	15 G
FRESH MINT LEAF	2 - 3 NO.
CALLEBAUT COCOA BUTTER (MELTED)	FOR BRUSHING

### Equipment Used

PASTRY BRUSH

SPOON

TWEEZER

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# Fruit Tart Assembly

## *Method*

1. Firstly demould the tart shell from the ring. Then brush some melted cocoa butter on the inside and outside of the tart shell.
2. Now fill the tart shell with custard filling and spread it evenly. Then spread a layer of strawberry compote on top of it.
3. Lastly pipe blobs of frosting on the edges, leaving some space in the centre.
4. Finish off with placing strawberry slices in the centre and garnishing with mint leaves.

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**Making Cost - Rs 30\***

**Chef's note:** Brushing the shell with cocoa butter will ensure that the shell remains crispy later as well.