

East West Bake Cooking Show

FRUIT TARTS

Chef Brian Mellor



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Episode 11 – Fruit Tarts

by Chef Brian Mellor

Makes 4

Ingredients

4 Portion Pastry sweet

4 Portion Creme patissiere

100 G Strawberries, Or other red fruit

Pre heat the oven to 180C and lightly butter 4 tart tins. Wash, hull and thoroughly drain the strawberries. Roll out the sweet paste about 3mm thick and line the tins allowing the paste to overlap. Rest it for 10 minutes in the fridge then bake blind. Lift the paper/beans out about 3/4 of the way through so that you don't have a soggy bottom! If the pastry cream has just been made, it's easy to pour into the pastry cases, if not beat the pastry cream to slacken it and if necessary add a little liquid to help. Pipe or spoon the cream into the cooled cases. Halve, quarter or slice the strawberries and place onto the tart with the pointed bit towards the center.

Crème Patissiere

Ingredients

400 Ml Milk whole

40 G Sugar granulated 3 Ea Egg yolks

1 Spl Vanilla extract 30 G Cornflour

'Scorch' the milk and essence i.e. bring it just up to boiling point. Whisk yolks, sugar and cornflour together to form a smooth paste. Add 1/2 milk to the yolk paste whisking all the time.

Return to the pan on low heat to cook out and thicken. When ready pour into plastic container, cover directly with cling film so skin doesn't form.

Pastry Sweet

Ingredients

200 G Flour plain

125 G Butter unsalted

50 G Sugar castor

1 Ea Eggs whole

Add the sugar to the egg and mix to dissolve the sugar. Cube butter into 2cm pieces Seive the flour and salt together onto a worksurface Rub the butter through the flour until it resembles fine breadcrumbs. Make a well and place the beaten egg in the centre. Lift the 'crumb' through the egg mix combining carefully, then mix gently together and allow it to come to a smooth paste - do not overmix. Form into a round or small ball, cover and rest in the fridge 10 minutes. Roll out handling as little as possible & use to line buttered cases. Makes 400g - enough for 4-6 individual tarts

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