

Winter  
2009



RECIPES COURTESY OF THE FOOD BUSINESS

## fruits of favour recipes

### SWEET PASTRY

INGREDIENTS - MAKES 60 SMALL TARTS

Eggs	2
Additional yolks	2
Butter	250g
Flour	500g
Icing sugar	170g

#### METHOD

Preheat oven to 175°C. Lightly grease tart tray.

Combine the eggs and additional yolks.

Mix the butter, flour and icing sugar in bowl of electric mixer. Add eggs and pulse until dough just pulls together being very careful not to overwork it.

Wrap the dough in cling film and rest for 1/2 hr in the refrigerator.

Turn out on to a lightly floured board and roll to 2-3mm thick.

Cut to shape with ring cutter and mould into tart baking tray.

Line the shells with baking paper and fill with baking beans or dried beans.

Bake for 12 minutes or until edges are deep golden brown.

Fill with Creme Patisserie (recipe below) and fresh fruit of choice.

If using for Frangipane tarts, fill with Frangipane filling (recipe below) before baking.

### FRANGIPANE

INGREDIENTS - MAKES ENOUGH FOR 60 SMALL TARTS

Unsalted butter	240g
Caster sugar	300g
Almonds (ground)	400g
Egg whites	120g
Brandy or rum	15ml

#### METHOD

Preheat oven to 175°C. Have Sweet Pastry (recipe above) shells ready in tart tray, unbaked.

Cream butter in bowl of electric mixer.

Add remaining ingredients and blitz into a paste.

Fill tart shells and top with fruit of choice.

Bake for 12 minutes or until pastry edges are deep golden brown.

### CRÈME PATISSIERE

INGREDIENTS - MAKES ENOUGH FOR 60 SMALL TARTS

Milk	1lt
Vanilla beans	1
Egg yolks	12
Caster sugar	350g
Cornflour	100g

#### METHOD

Scald milk with vanilla bean.

In a separate bowl, beat eggs until thick. Pour in hot milk and beat until smooth.

Place mixture in a clean saucepan and stir continuously over a moderate heat until cream has thickened

Chill until completely cold.

To finish fold through 1/3 of its volume of whipped cream (approximately 700ml).

Fill into baked pastry shells and top with fruit of choice.