



Fruit tarts

25'
Hands on

4 hours'
Hands off

40'
Cook Time

12
Portion(s)

2
Difficulty



Ingredients

For the crème patisserie

- 500 g milk
- 120 g granulated sugar
- 3 egg yolks, of medium eggs
- 1 teaspoon(s) [vanilla extract](#)
- 60 g corn starch
- lemon zest, of 1 lemon
- 50 g butter

For tart shell

- 200 g soft flour
- 30 g granulated sugar
- 1 pinch salt
- 100 g butter, at room temperature
- 1 egg, medium

For the whipped cream

- 150 g heavy cream 35%, chilled

To assemble

- 100 g fruits, fresh, of your choice
- 1 teaspoon(s) honey

Method

For the crème patisserie

- In a [pot](#), add 400 g of milk and half of the sugar. Place over medium heat and bring mixture to a boil.
- In a bowl, add the egg yolks and remaining sugar. Whisk until the sugar dissolves completely.
- Add the vanilla extract, the remaining milk, corn starch and lemon zest.
- Gradually add the mixture from the pot to the bowl, while continuously whisking. Transfer the mixture from the bowl back to the pot and place over medium heat. Whisk until the mixture thickens.
- When ready, remove from heat and add the butter. Whisk until it melts.
- Transfer crème to a bowl and cover with plastic wrap, making sure the wrap directly touches the surface of the crème so that a film is not formed.
- Refrigerate for 3-4 hours to chill.

For the tart shell

- Preheat oven to 160* C (320* F) Fan.
- In a bowl, add the flour, sugar and salt. Mix with a spoon.
- Cut the butter into small pieces and add them to the bowl. Rub the mixture between your fingers to combine.
- Add the egg and mix until you have created a soft dough.
- [Cut](#) the dough into 12 equal sized pieces.
- Press down on each piece of dough or with a rolling pin to spread it out.
- Line two [6 cup muffin pans](#) with cupcake liners.
- Place one piece of dough into each cup and press down on them with your hands to fit it into each cup. Cover each piece of dough with a small piece of parchment and add cooking weights so that they don't rise while they bake.
- Bake for 30 minutes. Remove weights and parchment and bake again for 10 minutes until golden.
- When ready, remove from oven and allow to cool completely.

To assemble

- Remove the chilled crème patisserie from the refrigerator and beat for a few seconds in the mixer on high speed to make it fluffy.
- Transfer to the bowl with the [whipped cream](#) and gently fold with a spatula.
- Transfer to a pastry bag and fill the tarts.
- Decorate with your choice of fruit cut into pieces.

To assemble

- Place a [saucepan](#) over heat and add 1 teaspoon of honey. Heat until it melts.
- Brush the honey over the fruit and [serve](#) with mint leaves.

Διατροφικός πίνακας

Nutrition information per portion

319 Calories (kcal)	18.0 Total Fat (g)	11.0 Saturated Fat (g)	33.0 Total Carbs (g)
16%	26%	55%	13%
17.0 Sugars (g)	4.8 Protein (g)	0.9 Fibre (g)	0.11 Sodium (g)
19%	10%	4%	2%