

# Fruit Tarts

**Yield: 4-5 servings**

## **Crust Ingredients:**

1 and 1/2 cups all-purpose flour  
2 tablespoons sugar  
1/4 teaspoon kosher salt  
1/2 cup (1 stick) unsalted butter, chilled, cut into small pieces  
1 large egg yolk, lightly beaten  
2 tablespoons ice water

## **Pastry Cream Ingredients:**

3 large egg yolks  
1/4 cup sugar  
1 and 1/4 cup milk  
1 tablespoon all-purpose flour  
1 tablespoon cornstarch  
1 teaspoon pure vanilla extract

## **Fruit Topping:**

3 kiwi fruits, peeled and sliced  
1 cup strawberries, stemmed removed and sliced  
1/2 cup peeled, sliced peaches  
handful of blueberries, raspberries or blackberries  
1 tablespoon apricot jelly  
2 teaspoons water



**Shown here as a mini tart.**

- Step 1: **Start with the crust:** Pulse together flour, sugar and kosher salt in a food processor.
- Step 2: Add the super-cold butter pieces and pulse until the mixture resembles a coarse meal (but you can still see small pea-size chunks of butter).
- Step 3: Add the lightly beaten egg yolk and pulse 3-4 times.
- Step 4: Add the ice water and pulse until large, moist clumps form.
- Step 5: Carefully remove the dough from the bowl of the processor and gather it into a ball. Flatten the ball into a disk and wrap well in parchment paper or plastic wrap and chill for at least 1 hour.
- Step 6: **Preheat oven to 400° F.** Once the dough has chilled, lightly dust a piece of parchment paper and roll dough out to about a 10-inch round.
- Step 7: Transfer the dough to a 9-inch round removable bottom tart pan. Press dough up along the sides of the pan trimming excess is necessary. Using a fork poke holes throughout the bottom of the tart crust and blind bake it for 20 minutes or until the crust is slightly, lightly brown.
- Step 8: **Make the pastry cream:** In a medium sauce pan heat the milk over medium heat until bubbles form and the milk begins to foam. Don't let it boil. Remove the pan from the stove.
- Step 9: In a heat-proof bowl whisk together the egg yolks and sugar. Sift the flour and cornstarch before adding to the egg mixture.
- Step 10: Whisk the flour, cornstarch and egg/sugar mixture together well. So as not to curdle the eggs, slowly add the hot milk to the egg mixture, a few tablespoons at a time while continuously whisking. Continue adding a little milk at a time until all the milk has been added to the egg mixture. Whisk well.
- Step 11: Return the egg mixture to the saucepan that the milk was in and put the pan over medium heat. Stir constantly until just boiling. Remove from heat and continue to stir until the mixture starts to thicken. Add the vanilla extract and stir well.
- Step 12: Transfer mixture to a clean bowl or container and cover the top of the cream with plastic wrap (so as not to allow a skin to form). Refrigerate. Use once cooled.
- Step 13: Put the apricot jam and water into a small sauce pan and heat over medium heat. Stir so that a thin syrup develops then remove from heat and let cool a little.
- Step 14: Let the crust cool and remove it from the pan. Fill the base with cream and then top with the sliced kiwi, berries and peaches. Lightly brush the apricot syrup over the tops of the fruit slices and serve.