

# The strawberry tart



Serves :

6-8



Prep :

1h



Rest :

Freezing : -  
Refrigeration : 12h



Cook :

Temperature : 356°F  
Time : 25 min.

## Special equipment

Micro-perforated tart ring Ø20-24 cm

3mm dough thickness guides

## List of recipes

- ✓ Sweet pastry dough
- ✓ Egg wash
- ✓ Pastry cream
- ✓ Filling



# Steps

## D-1 Morning

- 👉 **Making the sweet pastry dough**  
*Refrigerate for at least 6 hours*

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## D-1 Evening

- 👉 **Lining the tart shell**  
*Refrigerate for at least 6 hours*
- 👉 **Making the pastry cream**  
*Refrigerate for at least 6 hours*

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## D-Day

- 👉 **Pre-baking of the pie crust**  
*15 minutes at 180°C/356°F*
- 👉 **Egg wash**
- 👉 **Baking of the pie crust**  
*8-10 minutes at 180°C/356°F*
- 👉 **Preparation of the cream with mascarpone**  
*15 minutes at 180°C/356°F*
- 👉 **Assembly of the tart**  
*15 minutes at 180°C/356°F*
- 👉 **Glazing of the tart**  
*Refrigerate for at least 2 hours*

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# Sweet pastry

The quantity prepared is intended for 2 tarts with a diameter of 20 to 22 cm (you can freeze the unused portion).

## Ingredients

- ☑ 150 g ~ Butter
- ☑ 95 g ~ Powdered sugar
- ☑ 1 g ~ Fleur de sel
- ☑ 1 pinch of vanilla powder
- ☑ 30 g ~ Almond powder
- ☑ 60 g ~ Whole egg (x1 large)
- ☑ 250 g ~ All-purpose flour

- Prepare the dough the morning before to respect the resting times.
- Take 150 g of butter out of the refrigerator at least 2 hours before starting the recipe to bring it to room temperature and cut it into small cubes.
- Cream the butter using a stand mixer fitted with the paddle attachment.
- Add 95 g of sifted powdered sugar and mix, gradually increasing the speed until obtaining a creamy and homogeneous mixture.
- Add 30 g of ground almonds (or hazelnuts), a pinch of fleur de sel, and a bit of vanilla powder. Continue mixing on medium speed.
- Add 60 g of beaten whole eggs (approximately 2) to the mixture.
- Finish mixing with a flexible spatula or scraper (it will be much more effective than the mixer paddle).
- Finally, add 250 g of sifted all-purpose flour (preferably T55 or T65).
- Mix with the stand mixer without overworking the dough. The mixture should be homogeneous.
- Then, using your hands, form a ball and divide it into two equal parts to form two balls.
- Wrap each ball tightly in cling film.
- Flatten the balls slightly to facilitate rolling later.
- Chill the pastry in the refrigerator for ideally 6 to 8 hours.



# Lining a tart shell

Preferably done the night before to respect the resting times.

- Take the dough ball out of the refrigerator 30 minutes before rolling it out.
- Flour the work surface and the dough ball.
- Roll out the dough ball by applying firm pressure (but be careful not to crush it, as it may tear).
- Check from time to time that the dough is not sticking to the work surface.
- Use 2-3 mm thick rulers to achieve a perfect result.
- Cut out the tart base using the same-sized pastry ring you will be using.
- Gather the dough scraps and form a ball, then transfer the dough disc onto a piece of parchment paper (be careful not to deform the disc).
- Place the disc in the refrigerator.
- With the remaining dough, create strips that are at least 2 cm wide (as long as possible).
- Place the strips in the refrigerator.
- Butter the tart ring (preferably a perforated ring).
- Prepare a perforated baking sheet and a perforated silicon mat.
- Attach the strips to the tart ring (butter will make it easier).
- The bottom of the strip should be in contact with the baking mat, and a few millimeters should extend beyond the ring.
- Seal the strips together using water and your finger.
- Once the strips are in place, slightly push out the part that extends beyond the ring to facilitate the addition of the dough disc later on.
- At this stage, place the ring with the strips in the refrigerator for a few minutes to firm up the dough strips.
- Moisten the bottom of the strip and the edge of the dough disc.
- Insert the dough disc into the ring so that the two moistened parts come into contact. Center the disc and make sure to push it down as far as possible, forming as straight an angle as possible.
- Press the disc against the strip and, using a wet finger, try to eliminate any excess thickness.  
With a little practice, no difference will be visible.
- Place the tart shell in the refrigerator, ideally overnight.  
The dough should become firm and develop a crust!



# Pastry cream

This quantity is intended for a tart with a diameter of 20 to 24 cm.

## Ingredients

- ☑ 375 g ~ Whole milk
- ☑ 3 ~ Egg yolks
- ☑ 45 g ~ Cornstarch
- ☑ 70 g ~ Superfine sugar
- ☑ 1 ~ Vanilla pod
- ☑ 80 g ~ Mascarpone cheese

- Pour 375 g of whole milk into a saucepan.
- Cut a vanilla pod in half and scrape out the seeds.
- Add the pod and seeds to the saucepan with the milk.
- Heat the milk over medium heat until it simmers, stirring frequently to prevent the milk from sticking to the bottom of the pan.
- When the milk starts to boil, remove from heat and cover the pan.
- Let infuse for at least 30 minutes.
- In a mixing bowl, add 3 egg yolks and 70 g of superfine sugar.
- Whisk the yolks until they turn pale.
- Add 45 g of cornstarch and continue mixing until you obtain a smooth mixture.
- In another saucepan, heat the other half of the sugar and the milk over medium heat until it simmers.
- Pour half of the hot milk onto the egg mixture and whisk well.
- Then pour this mixture back into the saucepan with the remaining milk and whisk.
- As soon as the cream boils, continue cooking for 1 to 2 minutes while whisking constantly.
- The cream should become smooth and shiny (almost fluid).
- Off the heat, continue to whisk for 30 seconds.
- Pour the cream into a large dish and cover with plastic wrap, pressing the wrap directly onto the surface of the cream.
- Refrigerate until completely cooled..



## Ingredients

- ☑ 1 ~ Egg yolk
- ☑ 4 g ~ Liquid cream (30% fat)

## Baking the tart crust

- Preheat the oven to 170-180°C / 338-356°F.
- Take the tart shell out of the refrigerator and neatly trim off any excess dough.
- Place in the oven at 180°C/356°F in convection mode for about 15 minutes. The ideal time is when the tart has a light golden color and the edges of the tart have started to detach from the ring.
- This allows for easy removal of the ring.
- Wait a few minutes for the tart shell to cool and set.
- Using a sieve or a microplane, smooth out the edges.
- Then, using a mixture of 1 egg yolk and 4 g of heavy cream, brush the bottom and sides of the tart. This will help make the tart shell more watertight and give it a beautiful color.
- Place back in the oven at 170-180°C / 338-356°F for 8 to 10 minutes. The ideal time will be determined visually. You will decide the desired color, but be careful as it can change within a minute, so keep an eye on the baking process.



## Ingredients

- ☑ The pastry cream
- ☑ 80 g ~ Mascarpone cheese
- ☑ 500 g ~ Whole strawberries
- ☑ Some neutral glaze or red fruit jelly

## Assembly

- Take the pastry cream out of the refrigerator.
- Remove the vanilla pod.
- In the bowl of a stand mixer, add the pastry cream and 80g of mascarpone.
- Whisk the mixture, gradually increasing the speed (up to maximum speed).
- Stop whisking when the cream becomes smooth and shiny (4-5 minutes).
- Transfer the cream to a piping bag with a 2 cm opening at the end.
- Fill the tart crust with the cream and spread it evenly using an offset spatula (or a large spoon).
- Avoid filling it all the way to the edge, and leave a 1 mm border (to allow the strawberries to stay in place during assembly).
- Remove the stems from the strawberries, then cut them in 4 lengthwise.
- Arrange the strawberries in a circle with the pointed ends facing up. They should be lying down and overlapping halfway.
- Melt red fruit jelly (I used currant jelly for its tangy flavor) in the microwave. Alternatively, a neutral glaze can be used (30 seconds at 800W).
- Using a brush, glaze the strawberries with the jelly.
- Finally, use the tip of a knife to reposition any strawberries that may have moved.
- Refrigerate the tart for at least 2 hours before serving.



## ❖ An ultra-crispy tart crust :

After baking, apply Mycryo (a kind of powdered cocoa butter) using a sieve. It will instantly melt and form a thin film that will make the crust waterproof. This is a great technique to have a crispy crust even after being refrigerated for 2-3 days.

## ❖ Mascarpone cheese :

You can also use butter instead of mascarpone. The butter should be added during the preparation of the pastry cream. When you remove the cream from the heat (at 7:06 in the video), add 40g of cold butter cut into small pieces and mix vigorously until completely dissolved.

## ❖ Almond cream :

You could also add almond cream to the tart crust! (In this case, pre-bake the crust at 170°C/338°F, and also brush with egg wash but bake for a maximum of 5 minutes.)

To make the almond cream...

- ✓ mix 30g of softened butter with 30g of superfine sugar and 30g of almond powder using a mixer fitted with a paddle attachment.
- ✓ Stop when the mixture becomes creamy.
- ✓ Gradually incorporate 30g of whole eggs and optionally, rum. It is better to do this using a spatula, as the mixture is more effective and faster.
- ✓ Pour the cream onto the tart crust and spread it evenly.
- ✓ Add some fresh strawberry pieces and press them down.
- ✓ Bake again for 10-15 minutes at 170°C/338°F.
- ✓ Optional: Drizzle a few drops of olive oil on the hot tart crust right out of the oven..