

The sweet pastry dough



Serves :
2 tarts
ø20cm



Prep :
30 min.



Rest :
Freezing : -
Refrigeration : 12h



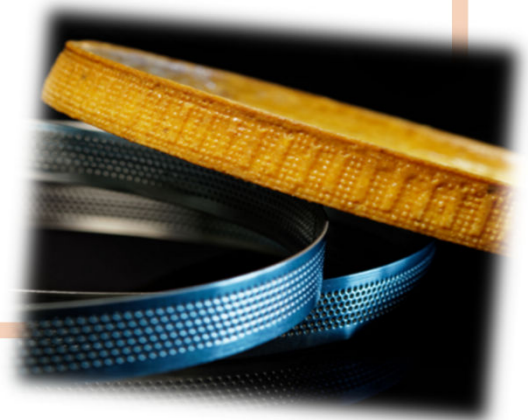
Cook :
Temperature : 338°F
Time : 25 min.

Special equipment

- 3mm dough thickness guides
- Perforated baking sheet
- Micro-perforated tart ring Ø20-24 cm
- Perforated silicone mat

List of recipes

- ✓ The sweet pastry dough



Steps

D-1 Morning

🌀 **Making the sweet pastry dough**

Refrigerate for at least 6 hours

Page **3**

D-1 Evening

🌀 **Lining the tart base**

Refrigerate for at least 6 hours

Page **4**

D-Day

🌀 **Pre-baking the tart base**

15-20 minutes at 170°C/338°F

Page **5**

🌀 **Egg wash**

Page **5**

🌀 **Baking the tart base**

10-15 minutes at 170°C/338°F

Page **5**

The sweet pastry dough

You should prepare it the previous morning if you want to respect the resting times.

Ingredients

- ☑ 150 g ~ Butter (82% fat)
- ☑ 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

- Take the 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 (150 g).
- 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 you obtain a creamy and homogeneous mixture.
- Add 30 g of almond powder (or hazelnut), a pinch of fleur de sel, and a bit of vanilla powder. Continue mixing at medium speed.
- Add 60 g of beaten whole eggs (about 2 eggs) to the mixture.
- Finish mixing using a rubber spatula or flexible scraper (it will be more effective than using the paddle of the mixer).
- Finally, add 250 g of sifted all-purpose (T55 or T65) flour.
- Mix with the mixer, being careful not to overmix the dough. It should still be homogeneous.
- Then, using your hands, form a ball and divide it into 2 equal portions to make 2 dough balls.
- Shape each portion into a ball again, and wrap them tightly with plastic wrap.
- Slightly flatten the dough balls to make it easier to roll out later.
- Ideally, refrigerate them for 6 to 8 hours.



The dough lining

Preferably done the night before to respect the resting times.

- o Take the dough ball out of the refrigerator 30 minutes before rolling it out.
- o Flour the work surface and the dough ball.
- o Roll out the dough ball by applying firm pressure (but be careful not to crush it, as it may tear).
- o Check from time to time that the dough is not sticking to the work surface.
- o Use 2-3 mm thick rulers to achieve a perfect result.
- o Cut out the tart base using the same-sized pastry ring you will be using.
- o 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).
- o Place the disc in the refrigerator.
- o With the remaining dough, create strips that are at least 2 cm wide (as long as possible).
- o Place the strips in the refrigerator.
- o Butter the tart ring (preferably a perforated ring).
- o Prepare a perforated baking sheet and a perforated silicon mat.
- o Attach the strips to the tart ring (butter will make it easier).
- o The bottom of the strip should be in contact with the baking mat, and a few millimeters should extend beyond the ring.
- o Seal the strips together using water and your finger.
- o 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.
- o At this stage, place the ring with the strips in the refrigerator for a few minutes to firm up the dough strips.
- o Moisten the bottom of the strip and the edge of the dough disc.
- o 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.
- o 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.
- o Place the tart shell in the refrigerator, ideally overnight.
The dough should become firm and develop a crust!



Ingredients

- ☑ 1 ~ Egg yolk
- ☑ 4 g ~ Whipping cream

The baking

- 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 12 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.



Tips

❖ An ultra-crisp tart shell:

After taking it out of the oven, apply some Mycryo (a powdered cocoa butter) using a sieve. It will instantly melt and form a thin film that seals the crust. This technique ensures a crispy crust even after being refrigerated for 2-3 days.

❖ The butter:

Use high-quality butter with 82% fat content. I prefer Isigny butter.

❖ No need to prick the dough or weigh down the crust:

To achieve this, it is essential to use the following advice...

- Use a perforated baking sheet and a micro-perforated silicone mat. This allows steam to escape from underneath, preventing the dough from puffing up during baking.
- Use All-purpose flour (T55) instead of Pastry flour (T45).
- RESPECT the resting times after making the dough and after lining the tart shell. That's why it is recommended to start at least 24 hours in advance.

❖ A sharper design with a collar:

If you want to create a collar and have a sharper edge on the tart, use strips of micro-perforated Silpat cut to a width of 18mm (for a 20mm high ring). Refer to the dedicated video "Tart Shell (technique for a perfect visual)." It may take some practice, but I find it difficult to achieve that result without it.