

The Bourdaloue tart



Serves :

6-8



Prep :

1h30



Rest :

Freezing : -
Refrigeration : 6h



Cook :

Temperature : 356°F
Time : 30 min.

Special equipment

Tart ring (Ø24 cm)

Perforated baking sheet

List of recipes

- ✓ Poached pears
- ✓ Sweet pastry
- ✓ Almond cream
- ✓ Neutral glaze



Steps

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- 🌀 **Making poached pears** Page **3**
- 🌀 **Making sweet pastry dough** Page **4**
Rest in the refrigerator for at least 2 hours
- 🌀 **Roll out to 3 mm thickness and line the tart base**
Rest in the refrigerator for at least 2 hours

D-Day

- 🌀 **Making almond cream** Page **5**
- 🌀 **Assembling the tart** Page **5**
Baking for 30 min at 180°C/356°F
- 🌀 **Applying neutral glaze**

Poached pears

Ingredients

- ☑ 3 ~ Pears (preferably Conference variety)
- ☑ 250 g ~ Superfine sugar
- ☑ 1 liter ~ Water
- ☑ 1 ~ Lemon juice
- ☑ 2 ~ Used vanilla pods

- Peel the pears, keeping the stem intact.
- In a saucepan, pour :
 - 1 liter of mineral water,
 - 250g of superfine sugar,
 - juice of 1 lemon
 - and 2 used vanilla pods.
- Bring the mixture to a boil and delicately place the pears in it.
- Cook the pears in the syrup at a low simmer. The cooking time may vary depending on the pears (between 10 and 20 minutes).
- Regularly and delicately turn the pears in the syrup.
- Check the cooking of the pears by pricking the center with a toothpick or the tip of a knife. The fruit should not offer any resistance.
- Let the pears cool in the syrup.
- Drain the pears when they are removed from the syrup.



Tart crust

Ingredients

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

- Take 150g of butter out of the refrigerator at least 2 hours before starting the recipe to bring it to room temperature and cut it into cubes.
- Cream the butter with a mixer fitted with the paddle attachment.
- Add 95g of sifted powdered sugar and mix, gradually increasing the speed until you obtain a creamy and homogeneous mixture.
- Add 30g of almond powder (or hazelnut), a pinch of fleur de sel, and a little vanilla powder. Continue mixing at medium speed.
- Add 60g of beaten whole eggs (1 large egg) to the mixture.
- Finish mixing with a rubber spatula (it will be much more effective than with the mixer).
- Finally, add 250g of sifted T55 (or T65) flour to the mixture.
- Mix with the mixer, without overworking the dough. The mixture should be homogeneous.
- Knead the dough to perfect the mixture.
- Then, using your hands, form a ball that you will divide into 2 equal parts to form 2 dough balls.
- Form a ball for each dough ball that you will wrap in plastic wrap.
- Flatten the dough balls slightly to facilitate rolling out later.
- Ideally, refrigerate for 6 to 8 hours.
- Line the pastry (3 mm thick) in a 24 cm diameter circle and refrigerate ideally overnight. It should become somewhat crusty !



Ingredients

- ☑ 100 g ~ Almond powder
- ☑ 100 g ~ Superfine sugar
- ☑ 100 g ~ Softened butter
- ☑ 80 g ~ Whole eggs (x2)
- ☑ 5 g ~ Gold rum
- ☑ 1 g ~ Vanilla extract
- ☑ 10 g ~ Cornstarch

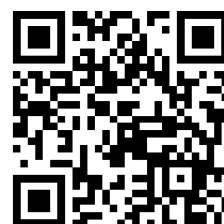
Almond cream

- In a mixing bowl, work 100g of softened butter with a rubber spatula.
- Add 100g of superfine sugar and quickly mix with a whisk (10 seconds is enough).
- Add 80g of beaten whole eggs and quickly mix with a whisk for 10 seconds, vigorously.
- Add 100g of almond powder and mix quickly again. It is important not to over-whisk each time to avoid incorporating too much air, otherwise the almond cream will rise too much during baking.
- Add 5g of gold rum and 1g of vanilla extract, then mix briefly.
- Finally, add 10g of cornstarch and quickly mix until obtaining a homogeneous cream.
- Pour the cream into a piping bag to proceed with the assembly.



Assembly

- Using a pastry bag, pour 300g of cream onto the tart base (for a 24cm tart).
- Using a small angled spatula or a large spoon, spread the cream evenly. Chill if necessary.
- Cut the pears in half lengthwise and remove the core. Also, make sure to remove the small filament that goes from the core to the stem, which is often stringy.
- Make sure the pears are not too moist, otherwise pat them dry with a paper towel.
- Cut the pear halves into thin slices, about 3 to 5 mm thick.
- Place the pear halves one by one on the almond cream-filled tart base. The narrow part of the pear should be facing the center of the tart.
- Lay the pear slices from the center to the edge of the tart. Be careful not to let the pear touch the dough! Otherwise, the dough will not bake properly.
- Bake at 180°C/356°F for 25-30 minutes (in a convection oven). The almond cream should be lightly golden.
- After removing it from the oven, coat the tart with a neutral glaze or warmed apple jelly.
- Remove the ring around the tart when it has cooled.
- If desired, use a small sieve to rub the edge of the dough for a more polished appearance.



Tips

❖ The choice of pears :

I strongly recommend using "Conference" pears, which are firm enough and will hold their shape well after baking.

Not to mention, they are not too grainy!

You can also opt for canned pears, but they are usually smaller and frankly less flavorful.

❖ The arrangement of pears :

Personally, I use half a pear per slice of tart. So if you want to make 8 slices, it is possible to cut 4 pears for a 24-26 cm tart. Try to be symmetrical when arranging them, they should form a star shape, with the widest part of the pear facing outward from the tart.

❖ What quantity of almond cream for what size of tart ?

- ✓ Ø20cm : 200 g
- ✓ Ø22cm : 250 g
- ✓ Ø24cm : 300 g
- ✓ Ø26cm : 350 g