

TROPICAL FRUIT TARTS

**With Colombian Granadilla And Mango
With A Physalis Garnish**

By: Elly Wentworth, Junior Sous Chef,
Michelin-starred Lucknam Park



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EXPORTS TO U.K. INVESTMENT COUNTRY BRAND

With Colombian Granadilla And Mango With A Physalis Garnish

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Ingredients:

Tart

90g butter, softened
65g caster sugar
3 free-range egg yolks
200g plain flour, plus extra
for dusting
1 Colombian mango
1 Colombian granadilla
1 Colombian physalis to garnish

Crème Pâtissière

250ml of whole milk
1 vanilla pod, or 1 tsp vanilla extract
50g of caster sugar
3 egg yolks
10g of plain flour
10g of cornflour

Method:

Tart

1. Cream the butter and sugar together in a bowl until well combined, then beat in the egg yolks, one at a time until fully incorporated into the mixture.
2. Mix in the flour until the mixture comes together as a ball of dough.
3. Tip the pastry out onto a floured work surface and knead briefly until smooth. Wrap the pastry in cling film and chill for 30 minutes. Alternatively, it can be frozen for use at a later date.
4. Roll the pastry, cut into small pastry circles and add to a baking tray for tarts. Bake the tarts until golden brown, remove from oven and leave to cool.
5. Once the cases are cooled you can add the fruit. (make the Crème Pâtissière as the filling)
6. Slice the mango to fit into the tart, add the granadilla seeds and finish off with crushed pistachios.
7. Serve with a sliced physalis with leaf still attached on the side. Sprinkle with icing sugar.

Crème Pâtissière

1. Bring the milk and vanilla to the boil in a saucepan then remove from the heat.
2. Mix the sugar, egg yolks and flours together until thoroughly incorporated.
3. Pour 1/3 of the warmed milk over the egg mixture and whisk vigorously.
4. Pour the egg mixture into the saucepan with the milk and continue to whisk over a medium heat.
5. Cook until the mixture boils and thickens being careful not to let it burn on the bottom of the pan.
6. Remove from the heat cover with cling film to prevent a skin forming. Allow to cool and place in the fridge until needed.



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