

Strawberry Rose Tart with Custard Cream

Introduction

Indulging in a delicious strawberry rose tart with custard cream is a delightful experience that enchants both the eyes and the taste buds. This elegant dessert features a buttery tart crust, velvety vanilla pastry cream, and beautifully arranged strawberries that resemble delicate roses. Ideal for special occasions or a sweet treat at home, this tart represents the perfect balance between creamy and fruity flavors. Let's embark on a culinary journey and learn how to create this stunning dessert step by step.

Detailed Ingredients

Tart crust

- 1 2/3 cups all-purpose flour
- 1/2 cup icing sugar
- Pinch of salt
- 1/2 cup unsalted butter - very cold
- 1 Egg - at room temperature

Vanilla Pastry Cream

- 3 Egg Yolks
- 2 1/2 tbsp caster sugar
- 1/4 cup Cornstarch
- 1 1/2 cup whole milk
- 1 1/2 tsp vanilla paste

Garnish

– Fresh strawberries

Prep Time

Preparation of the ingredients for the strawberry rose tart will take approximately 30 minutes. This includes gathering all components, measuring, and initial mixing. Ensuring that the butter is very cold is crucial to achieving a flaky crust.

Cook Time, Total Time, Yield

Cook time for the tart crust is around 20-30 minutes, while the custard preparation takes about 15 minutes, followed by chilling time of around 2 hours. Hence, the total time from prep to serving will be about 3 hours, which includes both cooking and chilling periods. This recipe yields a beautiful tart that can serve 8-10 people, making it perfect for gatherings or celebrations.

Detailed Directions and Instructions**Tart crust:**

1. Start by mixing the all-purpose flour, icing sugar, and salt in a food processor. Ensure it's blended well before moving on to the next step.
2. Next, add the very cold, cubed butter into the processor. Pulse the mixture until it reaches a fine crumb texture, which is essential for a flaky crust.
3. Once you have the fine crumbs, add the room temperature egg and pulse until a dough forms. The dough should be cohesive yet not overly wet.
4. Shape the dough into a ball. Lightly flour the surface and roll out the dough between two sheets of baking paper until it is about 4 mm thick. This prevents it from sticking.

5. Cover the rolled dough with a layer of baking paper and chill it in the fridge for at least an hour. Chilling the dough helps maintain its shape when baking.
6. After chilling, prepare the tart mold by greasing the outer sides with butter to prevent sticking. Gently remove the dough from the fridge.
7. Use a cookie cutter to create 6 discs of dough, which will line the tart mold. Carefully line each disc into the greased mold.
8. Once lined, freeze the mold for 1 hour. This additional chilling step ensures the crust maintains its shape when baked.
9. Preheat the oven to 160°C (320°F). Once preheated, bake the tart crust for 20-30 minutes, or until the edges are golden brown.
10. Remove from the oven and allow the tart crust to cool completely in the mold before adding the pastry cream.

See also Chicken Macaroni Salad

Vanilla Pastry Cream:

1. In a mixing bowl, whisk together the egg yolks and caster sugar until it becomes a thick paste. This step is vital for developing the cream's rich flavor.
2. Gradually add the cornstarch, whisking constantly to ensure that there are no lumps. This will help in thickening the cream when cooked.
3. In a saucepan, heat the whole milk and vanilla paste until it reaches a simmer, allowing the vanilla to infuse the milk with flavor.
4. Carefully pour the hot milk mixture over the yolk mixture while whisking continuously to temper the eggs. This gradual mixing prevents the yolks from cooking too quickly.
5. Pour the complete mixture back into the saucepan and return it to the heat. Cook on low heat, whisking constantly until the mixture thickens significantly.
6. Once thickened, bring it to a gentle boil for about 30 seconds before removing it from the heat. This cooking process helps activate the cornstarch for a perfect texture.
7. Transfer the vanilla pastry cream into a bowl. To prevent a skin from forming, cover the surface with plastic wrap, ensuring it touches the cream.

Chill for about 2 hours.

Assembling the Tart:

1. After the custard has chilled, wash the fresh strawberries thoroughly and hull them. Halve each strawberry for a beautiful presentation.
2. Spread the silky pastry cream evenly over the cooled tart crust. Use a spatula to create an even layer.
3. Thinly slice the strawberries using a sharp knife. The thinner the slices, the more visually stunning the final presentation will be.
4. Begin arranging the strawberry slices around the outer edge of the tart, overlapping them slightly to create a beautiful rose pattern.
5. Repeat the overlapping pattern in a spiral until the entire tart is covered with the strawberry slices. The result should be a stunning display reminiscent of blooming roses.

See also Red Velvet Cream Cheese Pound Cake

Notes

- Ensure that the tart crust is entirely cooled before applying the pastry cream; this prevents any melting or sogginess.
- Use the freshest strawberries available for the best flavor and presentation. Organic strawberries tend to have richer flavors.
- If you want to add a touch of gloss, consider brushing the strawberries with a light syrup made of equal parts water and sugar heated until dissolved.

Cook techniques

- ****Blind Baking:**** This method involves baking the tart crust without the filling to prevent it from becoming soggy. It's essential for a crisp finish.
- ****Tempering Eggs:**** Slowly raising the temperature of the egg yolks with hot liquid prevents curdling, ensuring a creamy texture in the pastry cream.

– ****Chilling:**** Chilling the tart dough and pastry cream allows the flavors to develop and assists in maintaining the right texture during baking and assembly.

FAQ

Can I make the tart crust in advance?

Yes, you can prepare the tart crust a day in advance and store it in the fridge wrapped securely in plastic wrap. Bake it just before assembling the tart.

Can I use other fruits instead of strawberries?

Absolutely! You can substitute strawberries with other berries like raspberries, blueberries, or peaches, depending on the season and your preference.

How do I store the tart once assembled?

It's best to serve the tart fresh, but if needed, you can cover it lightly with plastic wrap and store it in the refrigerator for up to 2 days.

Conclusion

The strawberry rose tart with custard cream is more than just a dessert; it's a visual masterpiece that delights the senses. Whether you're celebrating a special occasion or simply treating yourself, this tart offers a refreshing and delicious option that's bound to impress.

See also Ham and Cheese Sticks

More recipes suggestions and combination

Chocolate Tart with Raspberry Coulis

This rich chocolate tart topped with tangy raspberry coulis provides a perfect contrast and is equally stunning.

Lemon Meringue Pie

A classic dessert that balances tangy lemon curd with fluffy meringue creates a refreshing treat perfect for warm weather.

Mixed Berry Fool

A light, easy dessert made with layered whipped cream and mixed berries, offering a delicious and quick alternative to tarts.

Tart with Vanilla Pudding and Peaches

Layer fresh peach slices over vanilla pudding in a tart crust for a delicious summer dessert that celebrates seasonal fruits.

In conclusion, this strawberry rose tart is truly a showstopper and a treat for both the palate and the eyes. Its delicious simplicity and stunning presentation make it an ideal dessert for any occasion!