

CRUNCH TIME

Strawberry Tarts



Serve Information: Makes 6 Muffin Sized Tarts

INGREDIENTS - PASTRY TART BASE:

80g Butter, chopped
80g Caster sugar
1 Egg
120g Plain flour
50g Self-raising flour

INGREDIENTS - CUSTARD:

240ml Milk
80g Caster sugar
1 Egg
40g Cornflour

INGREDIENTS - CUSTARD:

1 Punnet strawberries
1 Tbsp apricot jam
1/2 Tsp gelatine
1 Tbsp water

EQUIPMENT:

Food processor
Plastic bag
Rolling pin
Dough pricker or fork
9cm Diameter cookie cutter
Muffin tray
Medium bowl
Whisk
2 x Saucepans
Sharp knife
Chopping board
Spoons
Pastry brush
Serving plate



METHOD PASTRY:

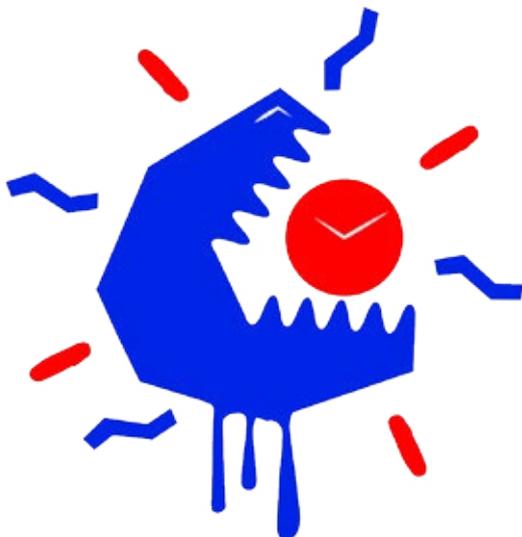
1. To make the pastry, combine flour, butter and sugar in food processor until it resembles fine bread crumbs. Add egg and mix until pastry comes together.
2. Pour pastry onto floured bench and knead until smooth. Wrap in plastic bag and refrigerate for an hour.
3. Take small portions of the pastry and knead on a well-floured bench. Then, roll it out to approximately 3 to 5mm thick.
4. Prick the pastry with a dough pricker or fork.
5. Cut pastry using a 9cm cutter.
6. Place pricked side down into greased muffin trays.
7. Pre-heat oven to 180°C and bake for approximately 15 to 20 minutes.

METHOD CUSTARD:

1. Whisk egg, sugar and cornflour together until smooth. Stir milk over low heat until it comes to the boil. Remove from heat. Gradually whisk milk into custard mix. Stir over low heat, without boiling, until it thickens.
2. Refrigerate until cooled.

METHOD TOPPING:

1. Cut strawberries into halves or thirds (depending on their size).
2. Spread equal quantities of custard into each tart base. Top with strawberries.
3. In a saucepan, boil the jam, gelatine and water together, stirring well. When warm, use a pastry brush and glaze the fruit on top of each tart. Place on serving plate.



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