



AUSSELLIAN
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2017



HIGH TEA with

BETHANY FINN

MAYFLOWER RESTAURANT & BAR, MAYFAIR HOTEL

Raspberry tarts

Prep time 45-50 mins, cook 35 mins
(plus chilling, cooling)

Makes 20

625 gm (5 punnets) fresh
raspberries
Icing sugar, to serve

Sweet pastry

250 gm unsalted softened butter
125 gm pure icing sugar, sifted
25 gm eggwhite (about 1 egg)
200 gm bread flour (see note)
175 gm cake flour (see note)
Scraped seeds of ½ vanilla bean
or ¼ tsp vanilla extract
Finely grated rind of ½ lemon

Crème pâtissière

500 ml (2 cups) milk
1 vanilla bean split and seeds
scraped
6 egg yolks
175 gm caster sugar
50 gm cornflour

1 For sweet pastry, beat butter and icing sugar in an electric mixer fitted with a paddle attachment until well combined (2-3 minutes). Whisk eggwhite in a bowl, then slowly add to butter mixture, mixing continuously on medium speed to combine (1-2 minutes). Mix in flours, vanilla seeds, zest and ½ tsp fine sea salt on low speed until a dough forms. Turn out onto a surface, flatten into a disc, wrap in plastic wrap and chill in refrigerator until firm enough to roll (30 minutes).

2 Divide pastry into 20 even pieces and roll each piece between two 12cm-square pieces of baking paper to about 10cm in diameter. If the pastry gets too soft and sticks to the paper, refrigerate to chill and firm, then continue rolling. Refrigerate half the pastry discs while you bake the first batch. Remove baking paper from discs, reserving paper, then line ten 8cm-diameter non-stick fluted tart tins with pastry (if you don't have 10 tins, bake smaller batches, refrigerating remaining pastry) and chill to minimise shrinkage (30 minutes).

3 Preheat oven to 160C. Crumple then roughly smooth out baking paper squares, prick pastry in tins with a fork and line with the baking paper. Add pastry weights or dried beans and blind-bake until light golden around top edges

(15 minutes). Remove weights and baking paper, and bake until golden brown on bases (5-7 minutes). Cool briefly in tins, then remove and leave to cool completely. Repeat with remaining pastry discs.

4 For crème pâtissière, bring milk and vanilla bean and seeds slowly to a simmer over medium heat in a small saucepan (5-7 minutes). In a bowl, whisk egg yolks, sugar and cornflour until smooth. Add milk to yolk mixture a little at a time, whisking continuously, until combined. Return to a clean saucepan and bring to the boil over medium-low heat, stirring continuously, and cook until thick (5-6 minutes). Remove from heat (discard vanilla bean) and whisk vigorously to beat out any lumps (1 minute). While hot, strain into a heatproof bowl, set aside to cool (5-10 minutes), then cover directly with plastic wrap and refrigerate to cool completely (30-40 minutes).

5 To serve, whisk crème pâtissière until smooth, divide among tart shells, smooth tops, cover with raspberries and dust with icing sugar.

Note Cake and bread flours are available from most supermarkets. If cake flour is unavailable, substitute 150gm plain flour mixed with 25gm cornflour.

MY NOTES

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