

Spiced Chai Tarts





Fatima Baig from Immunity inspired by tea challenge

• Sub Category Name Food Sweets

• Recipe Source Name Immunity Inspired by Tea Recipes

• Festivities Name

Autumn

Spring

Summer

Winter

• Activities Name

Immunity Inspired by Tea Recipes

Used Teas



Lemon

Ingredients

Spiced Chai Tarts



The Tart Shells

- 8 tbsp Dilmah's Lemon Flavored Ceylon Black Tea
- 1¼ cup Butter
- 1/3 tsp Fennel
- 1/3 tsp Cinnamon
- 1/4 tsp Cardamom
- 1/8 tsp Nutmeg
- 1/8 tsp Clove
- 2 ¾ cups All-purpose Flour
- 1/2 cup Confectioner's Sugar
- 1/4 tsp Salt
- 2-3 drops Lemon Oil
- 1 tsp (freshly grated) Ginger
- 1/4 tsp (fresh) Lemon Zest
- 1 large Egg
- ½ cup White Chocolate

The Custard Filling

- 2 tsp Dilmah's Lemon Flavored Ceylon Black Tea
- 2 cups Milk
- 1 1/2 cups Water, chilled
- 2g Fennel
- 2g Cinnamon
- 1g Cardamom
- 0.5g Allspice
- 0.5 g Nutmeg
- 0.5 g Clove
- 1 pinch Black Pepper
- 3g (freshly grated) Ginger
- 1 pinch (fresh) Lemon Zest
- 1 1/8 cup Sugar
- 1/2 tbsp Vanilla bean paste
- 1/2 cup Cornstarch
- 3/4 cup Sugar
- 1 pinch Salt
- 4 Egg Yolks
- 1 Egg 1
- 1/2 cup Butter, cut into small cubes
- 4 tbsp Cream

The Topping

• Strawberries, as required



Mint Leaves, as required

The Glaze

- 1 teabag Dilmah's Lemon Flavored Ceylon Black Tea
- 1/4 cup Water
- ½ cup Strawberries, hulled and cleaned
- 1/4 cup Jaggery
- ½ tbsp Lemon juice
- 1/4 tsp Xanthan Gum

Methods and Directions

Spiced Chai Tarts The Tart Shells

- 1. In a small saucepan, melt ¼ cup of butter and add the tea. Cook on low heat for five minutes, remove from heat and steep for five minutes.
- 2. Pour the mixture through a muslin cloth, squeeze the tea leaves to extract flavor and color, and discard.
- 3. Dry roast the fennel, cinnamon, cardamom, nutmeg and cloves. Cool and make a fine powder in a spice grinder.
- 4. Pass the spice mixture and flour through a sieve and set aside.
- 5. Add the remaining butter at room temperature into a stand mixer and beat till light and fluffy.
- 6. Add salt, lemon oil, ginger and lemon zest. Pulse till mixed well.
- 7. Sift the sugar and add to the butter mixture. Beat till creamy.
- 8. Add in the egg and beat well. Scrape the sides down to ensure that the mixture is homogenous.
- 9. Add the flour and mix till combined.
- 10. Gather the dough, flour a surface and form 2 discs. Wrap them in cling film and chill till firm.
- 11. Remove the dough from the chiller and roll on a slightly floured surface. Line the tart pans with it and neatly trim the top edges.
- 12. Freeze the dough in the tart pans till hard.
- 13. Preheat the oven to 230C. Dock the tart shell, fill with pie weights and blind bake till the crust is golden.
- 14. Cool at room temperature before brushing the white chocolate inside. This will prevent the crust from being soggy and helps increase the shelf life.
- 15. Fill in the custard right before service.

The Custard Filling

- 1. 2 tsp Dilmah's Lemon Flavored Ceylon Black Tea
- 2. 2 cups Milk
- 3. 1 1/2 cups Water, chilled

- 4. 2g Fennel
- 5. 2g Cinnamon
- 6. 1g Cardamom
- 7. 0.5g Allspice
- 8. 0.5 g Nutmeg
- 9. 0.5 g Clove
- 10. 1 pinch Black Pepper
- 11. 3g (freshly grated) Ginger
- 12. 1 pinch (fresh) Lemon Zest
- 13. 1 1/8 cup Sugar
- 14. 1/2 tbsp Vanilla bean paste
- 15. 1/2 cup Cornstarch
- 16. 3/4 cup Sugar
- 17. 1 pinch Salt
- 18. 4 Egg Yolks
- 19. 1 Egg 1
- 20. 1/2 cup Butter, cut into small cubes
- 21. 4 tbsp Cream

The Topping

- 1. Slice the strawberries and arrange on top of the custard.
- 2. Add mint leaves to finalize the look.

The Glaze

- 1. Place a tea bag of Dilmah's lemon tea in a mason jar and add water. Shake well and keep it in the sun for a couple of hours. Drain, to use the sun tea.
- 2. Add the sun tea, strawberries, jaggery and lemon juice to a saucepan and simmer on low heat till all the strawberries have softened.
- 3. Transfer to a blender and blend till smooth.
- 4. Strain and discard all the solids.
- 5. Add xanthan gum and blend again till a smooth coulis is ready.
- 6. Drizzle on top of the strawberries and on the serving plate.

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