

PASSION FRUIT TART



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A decadent dessert that finds a sweet chocolate tart shell filled with passion fruit ganache and fruit jelly topped with fresh berries and edible flowers.

- Sub Category Name

Food

Savory

- Recipe Source Name

Dilmah Real High Tea Global Challenge 2015



Ingredients

PASSION FRUIT TART

Sugar Dough

- 50g Icing Sugar
- 100g Butter
- 120g Flour
- 30g Cocoa Powder
- 1 Egg
- 40g Dark Chocolate

Passion Fruit Ganache

- 80g Fresh Passion Fruit Juice
- 120g Cream

- 400g White Chocolate

Passion Fruit Jelly

- 100g Sugar
- 50ml Water
- 10g Agar Agar

Methods and Directions

PASSION FRUIT TART

Sugar Dough

- Sieve the icing sugar, flour and cocoa powder. Add the butter and the egg and mix until it forms a crumbly dough.
- Bring the dough together and finish kneading by hand. Let it rest for half an hour in the refrigerator.
- Remove from the refrigerator and roll the dough out 2 mm thick and shape it into the mould.
- Allow it to rest again for half an hour in the refrigerator before baking at 160°C for 20 minutes.
- Remove from the oven and after cooling down the tart shells brush the inside with the melted dark chocolate.

Passion Fruit Ganache

- In a small pot boil the cream and pour over the room temperature white chocolate. Stir until the chocolate has completely melted and incorporated. Add the fresh passion fruit juice and make sure the ganache is well mixed. Place in the refrigerator and chill overnight.

Passion Fruit Jelly

- In a small pot boil the fresh Passion fruit juice with the water, sugar and add the Agar Agar. Boil for thirty seconds and pour into a deep container which is lined out with cling wrap. The jelly should be ½ cm thick. Allow it to set for two hours in the refrigerator before cutting into desired shape.