

Rhubarb, Strawberry and Vanilla Tartlet



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- Sub Category Name

Food

Desserts

- Recipe Source Name

Real High Tea Australia Volume 2

Ingredients

Rhubarb, Strawberry and Vanilla Tartlet

Rhubarb and strawberry compote insert

- 150g rhubarb, trimmed and cubed
- 20g strawberry purée
- 60g fresh strawberries, diced
- 5g lemon juice
- 40g sugar
- 3g gelatin sheets

Pastry cream

- 250ml milk
- 1/2 vanilla bean
- 60g egg yolk

- 60g sugar
- 20g cornflour
- 12g unsalted butter
- 200ml whipped cream

Sweet short pastry

- 150g unsalted butter, cold and cubed
- 95g icing sugar
- 1 egg
- Few drops vanilla essence
- 250g baker's flour
- 30g almond meal
- Pinch of salt
- White chocolate, glaze and berries for garnish

Methods and Directions

Rhubarb, Strawberry and Vanilla Tartlet

Rhubarb and strawberry compote insert

- Bloom the gelatin in cold water for 10 minutes.
- In a small pan gently stew the rhubarb, with the strawberry purée and sugar. Cover with a cartouche.
- Once soft add the lemon juice and diced strawberries and simmer for a further 2 minutes.
- Remove from the heat and mix in the bloomed gelatin.
- Fill insert mould with the compote and freeze.

Pastry cream

- In a heavy based pan, bring the milk and vanilla to boil. Remove from heat and leave to infuse for 5 minutes.
- In a bowl, whisk together the egg yolks, sugar and cornflour.
- Whisk the milk into the mixture and return to the pan.
- Whisk continuously over a medium heat and cook at 78°C for 2 minutes.
- Add the butter and pour onto a tray. Cover with glad wrap and chill.
- Once cool, fold together with the whipped cream.

Sweet short pastry

- Rub the butter into the dry ingredients until a breadcrumb texture is achieved.
- Gently mix in the egg and vanilla essence to bind. Do not overwork.
- Rest the dough and roll out to 3mm thickness.



- Line the lightly greased tartlet tins with the pastry. Dock and rest for 20 minutes in the fridge.
- Bake at 180°C until light golden brown.

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