SUMMER BERRY TART

Perfect for an afternoon tea when local summer berries are in season and at their most flavoursome or for a fantastic dessert. Why not get ahead and double the pastry recipe and keep the second half in the freezer for a special occasion?

INGREDIENTS

SWEET PASTRY

110g sugar

5 egg yolks

190g plain flour (or gluten free plain)

90g butter

Few drops vanilla extract

CRÈME PÂTISSIÈRE FILLING

150ml milk

75g sugar

3 egg yolks

20g corn flour

30g custard powder

Vanilla extract

Summer berries – such as strawberries, raspberries and blackberries

METHOD

1. Preheat oven to 170°C/gas 3.

2. For the pastry, rub the butter and the flour together by hand, using your fingertips. The mix should look like large breadcrumbs. Add the beaten egg yolks, vanilla extract and the sugar. Bring all the ingredients together to form a ball of pastry. Wrap in cling film and chill for about an hour.

3. For the Crème pâtissière, whisk the egg yolks, vanilla extract and the sugar together in a bowl until pale and light. Fold in the corn flour and custard powder. Bring the milk to the boil in a small saucepan and then whisk it gradually into the egg mixture. Pour the mixture into a clean pan and bring it slowly to the boil until it thickens. Simmer for a minute and then take the pan off the heat. Pass through a sieve. Cover with cling film and allow to cool.

4. Roll out pastry to about 4mm thick. Carefully line a 25cm tart tin, leaving an overhang of pastry. Place on a baking tray. Chill for 20 minutes. Then blind bake pastry (line with baking beans) for 10 minutes.

5. Turn down oven to 160°C/gas 2. Remove baking beans and prick pastry with a fork and cook for a further 10 minutes. Leave the pastry in the tin and allow to cool. With a small edged serrated knife, trim the excess pastry from the tins.

6. Spread the vanilla Crème pâtissière into the pastry case. Slice the strawberries and arrange with the summer berries on top of the Crème pâtissière. Dust with icing sugar.

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SERVES
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