



GEORGE
CHIALA'S
RECIPE
OF
THE MONTH
COLLECTION

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Recipe 47

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Frangipane Tart with Fresh Raspberries and Lemon

PREPARATION

1 - To make the pastry, put the flour and butter in a large bowl and rub together with your fingertips until the mixture resembles coarse bread-crumbs. Add in the sugar, lemon zest and a pinch of salt and mix. Next, work in the egg yolk and vanilla extract until smooth. Roll dough into a ball, wrap and chill for at least 1 hour.

2 - While the pastry is chilling, make the lemon custard. Put the egg yolks and sugar in a bowl and whisk together using a balloon whisk for 1-2 minutes until the mixture turns pale. Add in the flour and corn-flour and mix well. Put the milk and lemon zest in a saucepan and bring to the boil. Pour the boiling milk over the mixture in the bowl, whisking continuously until smooth.

3 - Pour the custard into the pan, place over a medium heat and simmer for 2 minutes, stirring continuously until it has thickened. Remove the pan from the heat and stir in the lemon juice and butter. Pour the custard into a clean bowl and cover. Leave to cool, then put in the fridge until completely cold.

4 - To make the frangipane, add all the ingredients into a bowl and mix until everything is well combined.

5 - On a floured surface, roll out the chilled pastry then use to line a 10-11 inch tart pan. Trim the pastry with a small knife but leave a lip hanging over the edge. Chill for at least 1 hour.

6 - Put a baking tray in the oven and preheat the oven to 375 F. Using a spatula, stir the lemon custard until smooth, then spread three quarters of it over the base of the tart case.

7 - Spoon the frangipane into a piping bag fitted with a 1cm nozzle. Pipe lines of frangipane evenly over the custard.

8 - Put the tart pan on the hot baking tray and bake for 30-40 minutes until the frangipane is golden brown. The frangipane will puff up during the baking. Trim off the overhanging pastry with a small knife to give a professional finish. Lift the tart and base from the pan and leave on a wire rack to cool completely.

9 - To make topping, put the cream in a bowl and lightly whip. Then, gently fold the remaining lemon custard into the cream, and spread the mixture evenly over the frangipane. Arrange raspberries on top, placing them upside down as close as possible. Put the jam and Cointreau in a small pan and bring to the simmer, stirring, until it lightly coats back of the spoon. Gently brush the raspberries with the glaze. Allow to cool before transferring tart to a serving plate.

Frangipane Tart with Raspberries and Lemon

Cooks Note: Frangipane tarts are traditionally made of fragrant, creamy, almond-flavored filling. The delicious addition of the Raspberries to this frangipane recipe celebrates of the beginning of California's Raspberry season, and would make an ideal Mother's Day treat!

Bon Appetit!
-George



(photo by Marc-Henri)

INGREDIENTS

FOR THE PASTRY

200g plain flour
140g unsalted butter , cut into small pieces
100g golden caster sugar
finely grated zest of 1 lemon
1 egg yolk
a few drops of vanilla extract

FOR THE LEMON CUSTARD

3 egg yolks
100g caster sugar
1 tbsp plain flour
1 tbsp cornflour
250ml milk
finely grated zest and juice of 1 lemon
50g unsalted butter

FOR FRANGIPANE

85g unsalted butter , room temperature
85g golden caster sugar
85g ground almonds
finely grated zest of 1 lemon
1 egg

FOR TOPPING

100ml whipping cream
5 tbsp fresh raspberries
5 tbsp seedless raspberry jam
2 tbsp Cointreau

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