

Strawberry Chamomile Tart



This is an adaptation from Ina Garten's Strawberry Tarts

INGREDIENTS

Dough:

- 1 ¼ cups of flour
- 3 tablespoons of sugar
- ½ teaspoon kosher salt
- ½ stick of butter
- ¼ cup of ice water
- 2 cups of Chamomile pastry cream
- 2 pints of berries (Strawberries, Raspberries and Blueberries)
- 3 tablespoons of roasted unsalted pistachios
- Chamomile flowers for decoration

INSTRUCTION

1. Combine the flour, sugar, and salt in a small bowl and place in the freezer for 30 minutes. Put the flour mixture in the bowl of a food processor fitted with a steel blade. Add the butter and pulse about 10 times, or until the butter is in the size of peas. Add the ice water and process until the dough comes together. Dump on a well-floured surface and form into a disk. Wrap in plastic and chill for 30 minutes.
2. Preheat the oven to 375 degrees F.
3. Roll out the dough and fit into a 9 inch tart pan with removable sides. Don't stretch the dough when placing it in the pan or it will shrink during baking. Cut off the excess by rolling the pin across the top of each pan. Line the tart shell with a piece of buttered aluminum foil, butter side down, and fill it with dried beans or rice. Bake for 10 minutes. Remove the beans and foil, prick the bottom of the shell all over with a fork, and bake for another 15 to 20 minutes until lightly browned. Set aside and cool.
4. Before serving, fill the tart shell with the pastry cream. Arrange the berries decoratively on top of the cream. Sprinkle with pistachios. Place chamomile flowers. Slice into 8 pcs.

Continue reading for the pastry cream

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INGREDIENTS

Chamomile Pastry Cream:

5 xl egg yolks, room temperature

$\frac{3}{4}$ cup of sugar

3 tablespoons of cornstarch

1 $\frac{1}{2}$ cup of scalded milk infused with 2 bags
of chamomile tea

1 tablespoon unsalted butter

1 tablespoon of heavy cream



INSTRUCTION

1. In the bowl of an electric mixer fitted with the paddle attachment, beat the egg yolks and sugar on medium-high speed for 4 minutes, or until very thick. Reduce to low speed, and add the cornstarch.
2. With the mixer still on low, slowly pour the hot milk into the egg mixture. Pour the mixture into a medium saucepan and cook over low heat, stirring constantly with a wooden spoon, until the mixture thickens, 5 to 7 minutes. Don't be alarmed when the custard comes to a boil and appears to curdle; switch to a whisk and beat vigorously. Cook, whisking constantly, for another 2 minutes; the custard will come together and become very thick, like pudding. Stir in butter, and heavy cream. Pour the custard through a sieve into a bowl. Place plastic wrap directly on the custard and refrigerate until cold.