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CHEF ADELE STIEHLER-VAN DER WESTHUIZEN of the *Prue Leith Chefs Academy, Centurion* (www.prueleith.co.za) says "we love coming to the Hartiwood Food and Film Show. It is such a good experience for our students. We strongly support the use of local and seasonal ingredients in everything we do and we often include Magalies grown produce in our work so the ethos of the festival suits us. Not only does using seasonal and local ingredients give our menus a sense of time and place but it is also more flavourful, cost effective and better for the environment. Our stall will be jam-packed with goodies that celebrate the region and season such as this Tart Bourdaloue."

TART BOURDALOUE

INGREDIENTS

125g Unsalted butter
125g Castor sugar
125g Ground almonds
1 ½ Eggs
25g Cake flour, sifted
1x 20cm PâteSucrée pastry base, blind baked (see below)
20g Butter, melted
100g Apricot jam
30ml Water
20g Flaked almonds, toasted, finely chopped
3 peeled poached pears (soft but still firm enough to hold shape)

METHOD

Pre-heat the oven to 180°C.
Combine the butter and castor sugar. Beat until the mixture is light in colour. Add the ground almonds and mix well. Beat the eggs in one by one, ensuring it is well combined before the next addition.

Fold in the flour and place the mixture into a piping bag.

Poach your pears until al dente (do not allow them to get too soft). Drain and half along the midline. Place them flat side down and starting at the top of the pear cut 3mm slices width ways. Ensure all the pieces stay neatly together.

Pipe the almond cream into the cooled pastry case shell $\frac{3}{4}$ full and arrange the pears in a six sided star formation, flat side down with the fat part of the pear facing the outside of the tart case. Be sure to fan the pears outwards starting from the middle.

Brush the pears with melted butter. Place the tart case onto a tray. Bake until the almond cream is golden brown in colour and springs back to the touch in the center of the tart. Combine the apricot jam and water and bring to the boil, reduce the mixture to a light syrupy consistency. Brush the surface of the tart evenly with syrup and place a 1cm border of almonds on the edge of the tart.

PÂTESUCRÉE (350G PASTRY)

INGREDIENTS

125g Unsalted butter
60g Castor sugar
25g Egg yolks
190g Cake flour
1g Salt

METHOD

Sift the flour and the salt into a bowl. Combine the butter and castor sugar and beat until the mixture is well combined. Add in the egg yolks gradually. Combine the flour and butter mixture until it resembles fine breadcrumbs. Bring the pastry together gently do not knead the pastry as you don't want to develop the gluten. Wrap the pastry in cling wrap. Rest it in the fridge for at least 30 minutes before use. Roll out and line tart cases not more than 5mm thick. For Tart Bourdaloue, blind bake the tart case, but not too long as it will bake a second time.