

ROCKPOOL

CHOCOLATE MALTED TART WITH CRÈME FRAÎCHE

Serves 4 - 6

Note: You will need 1 x 26cm diameter round fluted pastry tin for this recipe.

INGREDIENTS

PASTRY

250g (1 2/3 cup) plain flour, sifted
80g (½ cup) pure icing sugar, sifted
pinch sea salt
130g unsalted butter, room temperature, cut into small pieces
1 medium egg, whole
3 teaspoons milk
½ teaspoon vanilla paste

MALT CUSTARD MIX

700g cream
9 medium eggs, whole
150g malt syrup
200g sugar

CHOCOLATE GLAZE

1/3 cup water, cold
95g sugar
¼ cup cocoa powder
2 teaspoons cocoa butter
1/3 cup pouring cream (35% fat)
2 teaspoons liquid glucose
5g gelatine leaf
20g good quality dark chocolate (54%)

GARNISH

Pepe Saya crème fraîche

PREPARATION

Place the flour and icing sugar into a mixing bowl with the salt and butter. Mix by hand, or on low speed in a stand mixer with the paddle attachment, until the butter is incorporated. Add the egg, milk, vanilla and gently mix until the pastry begins to come together. Then remove from the bowl and gently bring together by hand to form a smooth dough, taking care not to overwork it. Roll out the dough on a floured bench to about 3-4mm thick and line the buttered tart tin with the dough, pushing into the corners and ensuring that the sides are even, tidy and come up to just above the edge of the tart tin. Refrigerate for at least 30 minutes.

Pre-heat an oven to 165°C then place silicone paper inside the raw pastry shell and fill with raw rice or baking beans. Blind bake the tart case until golden all over, then remove the paper and beans for the last 5 minutes to colour the base. Remove tart case from the oven and reduce heat to 120°C to bake the filled tart later in the recipe.

For the malt custard mix, mix all ingredients together well and strain through a fine sieve and remove any air bubbles carefully with a ladle before using.

Place the malt custard mix into a heatproof bowl. Set the bowl over a saucepan of simmering water and allow to warm up until the temperature reaches 60°C. At this point, strain the mixture through a fine sieve into a jug. Remove any bubbles from the surface of the liquid. To avoid spillage, pull out the oven rack and sit the tart shell on top, then carefully pour in the custard mixture, leaving 1cm from the top of the pastry shell. Gently push the oven rack back in and bake at 120°C for approximately 25 minutes or until the temperature of the filling reaches and holds 70°C for 3 minutes.

Allow the tart to cool completely at room temperature.

For the chocolate glaze, soak gelatine in the cold water for a few minutes until softened, then squeeze out the excess water. Combine all ingredients (except the gelatine) in a pan and simmer gently for about 10 minutes until slightly thick in texture. Remove from heat, add the gelatine and stir to dissolve. Strain through a fine strainer and cool to 28°C.

Pour the lukewarm glaze over the tart to give a 4mm thick even layer of chocolate. Refrigerate until set.

To serve, portion tart with a serrated knife and serve with a spoonful of crème fraîche.

