



Summer fruit bowl tartlets



Vegetarian



Popular

READY IN



80 min.

SERVINGS



8

CALORIES



234 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 300 ml milk
- ☐ 1 vanilla pod
- ☐ 3 large egg yolk
- ☐ 50 g sugar
- ☐ 1 tbsp flour plain
- ☐ 1 knob butter
- ☐ 300 g pastry crust
- ☐ 400 g fruit mixed such as small strawberries, raspberries, blueberries and redcurrants

- ☐ 3 pistachios chopped

Equipment

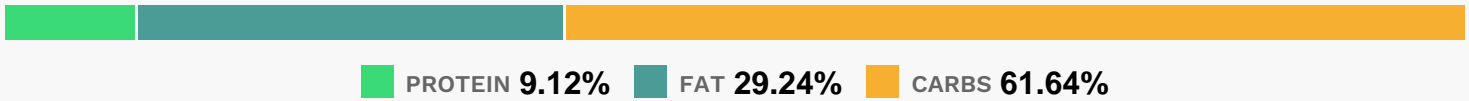
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ hand mixer
- ☐ spatula

Directions

- ☐ To make the crme ptissire, pour the milk into a pan. Split vanilla pod down its length using a small sharp knife (do not cut in half completely). Twist tip of the knife inside the pod to open out like a book at one end, then run the knife down its length to scrape out seeds. (See step
- ☐ Put the seeds and empty pod in a medium-sized pan with the milk and bring slowly to a gentle boil. Reduce the heat and simmer for a couple of mins. (Step
- ☐ Put egg yolks, sugar and flour into a bowl.
- ☐ Whisk with a hand electric mixer until the mixture becomes pale and fluffy it should leave a trail that stays on the surface momentarily when the whisk blades are lifted. This whisking will take about 2 mins. (Step
- ☐ Pour about a third of the hot milk into the bowl, whisking on a slow speed all the time until it has all been mixed in. Now whisk in the remaining milk, removing pod. (Step
- ☐ Return the mixture to the pan, scraping it out of the bowl using a rubber spatula. Bring slowly to the boil, stirring all the time, until the custard is thickened, smooth and glossy. At first, it will look a bit lumpy, but persevere keep stirring and it will become smooth. Reduce the heat and simmer for 2 mins, stirring. (Step
- ☐ Remove the crme ptissire from the heat. Beat in the butter until it has melted, then scrape into a bowl. Cover the surface of the crme ptissire directly with cling film (this will stop a skin forming). Leave to cool, then chill in the fridge until needed. (Step

- ☐ Heat oven to 190C/170C fan/gas
- ☐ Divide the pastry into 8 equal pieces.
- ☐ Roll out each one to line a 7–8cm deep fluted tartlet tin, trim leaving a little pastry sticking up above the tin. Line each one with a paper cake case and add a layer of baking beans. Put on a baking tray and bake for 10 mins, then remove the paper and beans and bake for a further 5 mins until the pastry is crisp and golden.
- ☐ Trim any pastry edges that need it with a small sharp knife.
- ☐ Remove from the tins and leave to cool on a wire rack.
- ☐ Halve or quarter any large strawberries and remove the stalks from any redcurrants, then mix the fruits together. Fill the pastry cases with crme ptissire and pile a generous layer of fruits on top. Dust thickly with icing sugar and scatter over some chopped pistachios, if you like.

Nutrition Facts



Properties

Glycemic Index:36.14, Glycemic Load:12.8, Inflammation Score:-3, Nutrition Score:7.0082607787588%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 234.23kcal (11.71%), Fat: 7.65g (11.77%), Saturated Fat: 3.26g (20.35%), Carbohydrates: 36.29g (12.1%), Net Carbohydrates: 34.71g (12.62%), Sugar: 13.86g (15.4%), Cholesterol: 79.13mg (26.38%), Sodium: 218.35mg (9.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.37g (10.74%), Selenium: 13.45µg (19.21%), Vitamin B1: 0.25mg (16.83%), Vitamin B2: 0.23mg (13.78%), Folate: 45.29µg (11.32%), Manganese: 0.21mg (10.41%), Phosphorus: 101.53mg (10.15%), Vitamin B3: 1.83mg (9.13%), Iron: 1.59mg (8.86%), Vitamin A: 372.74IU (7.45%), Calcium: 63.65mg (6.36%), Fiber: 1.58g (6.31%), Vitamin B12: 0.34µg (5.63%), Vitamin D: 0.77µg (5.13%), Vitamin B5: 0.48mg (4.78%), Copper: 0.09mg (4.37%), Potassium: 142.81mg (4.08%), Zinc: 0.55mg (3.68%), Vitamin B6: 0.07mg (3.6%), Magnesium: 13.8mg (3.45%), Vitamin K: 3.58µg (3.41%), Vitamin E: 0.28mg (1.89%), Vitamin C: 1.12mg (1.36%)