

MANGO AND ALMOND TART

EQUIPMENT

STAND MIXER WITH WHISK ATTACHMENT, MIXING BOWLS, SCALES, RUBBER SPATULA,
SPRING FORM CAKE TIN (20CM), SPOONS, BAKING PAPER, FOIL, RICE OR PASTRY WEIGHTS,
ROLLING PIN, CHEF KNIFE, PARING KNIFE, PASTRY BRUSH

INGREDIENTS

FOR THE PASTRY:

110GM PLAIN FLOUR (+ EXTRA FOR DUSTING),
75GM COLD DICED BUTTER,
75GM PURE ICING SUGAR, SALT, 1 EGG YOLK

FOR THE FILLING:

2 RIPE MANGOS, 100GM ROOM TEMPERATURE BUTTER,
100GM CASTER SUGAR, 100GM TOASTED ALMOND MEAL, 70GM PLAIN FLOUR,
1 EGG, 2 EGG YOLKS

METHOD

TO MAKE THE PASTRY PLACE FLOUR, ICING SUGAR AND A PINCH OF SALT INTO A LARGE MIXING BOWL AND ADD THE BUTTER, RUB THE BUTTER THROUGH THE FLOUR WITH YOUR FINGERTIPS UNTIL IT LOOKS LIKE COARSE BREADCRUMBS

ADD THE EGG YOLK AND WORK IT INTO THE FLOUR UNTIL THE DOUGH BEGINS TO FORM, TIP OUT ON TO THE BENCH AND KNEAD TOGETHER UNTIL SMOOTH. WRAP THE DOUGH IN BAKING PAPER AND PLACE IN THE REFRIGERATOR UNTIL COLD

TO MAKE THE FILLING PLACE THE SUGAR AND BUTTER INTO THE BOWL OF A STAND MIXER AND BEAT WITH A WHISK ATTACHMENT UNTIL PALE, ADD 1 WHOLE EGG AND 1 EGG YOLK AND WHISK UNTIL WELL COMBINED
NEXT ADD THE FLOUR AND ALMOND MEAL AND BEAT AGAIN UNTIL YOU ACHIEVE A SMOOTH EVEN PASTE AND SET ASIDE

LINE A SPRING FORM CAKE TIN ON ALL SIDES WITH BAKING PAPER

ONCE COLD REMOVE THE PASTRY FROM THE REFRIGERATOR AND KNEAD UNTIL THE DOUGH BECOMES WORKABLE. DUST THE BENCH TOP LIBERALLY WITH FLOUR AND DUST A LITTLE MORE FLOUR ON TO THE TOP OF THE PASTRY AND ROLL OUT TO A THICKNESS OF 1 CM. YOU WANT THE ROLLED PASTRY TO BE 3-4 CM LARGER IN DIAMETER THAN THE CAKE TIN

ONCE ROLLED PLACE THE CAKE TIN ON TOP OF THE PASTRY AND CUT THE PASTRY INTO A CIRCLE 3-4 CM LARGER THAN THE TIN
USE THE ROLLING PIN TO ROLL THE PASTRY OFF THE BENCH AND INTO THE TIN

CAREFULLY PUSH THE PASTRY INTO THE SIDES OF THE TIN AND FOLD OVER ANY OVERLAPPING PASTRY, PLACE THE PASTRY BACK INTO THE REFRIGERATOR TO 10 MINS

ONCE COOL LINE THE PASTRY WITH FOIL AND POUR OVER RICE OR PASTRY WEIGHTS, BLIND BAKE THE TART FOR 12 MINUTES ON 170° C COMBI MODE

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ONCE BAKED REMOVE FROM THE OVEN, PLACE THE REMAINING EGG YOLK INTO A MIXING BOWL AND BREAK IT UP WITH A PASTRY BRUSH, REMOVE THE FOIL AND RICE AND DISCARD. BRUSH THE INSIDE OF THE PASTRY WITH THE EGG YOLK UNTIL COATED ON ALL SIDES AND RETURN TO THE OVEN FOR ANOTHER 5 MINUTES, SAME TEMPERATURE

ONCE BAKED REMOVE FROM THE OVEN AGAIN AND PLACE THE ALMOND MIX INTO THE TART, SPREAD IT OUT EVENLY AND RETURN THE TART TO THE OVEN, BAKE FOR A FURTHER 12 MINUTES COMBI MODE 170°C UNTIL THE ALMOND MIX IS SET

WHILE BAKING SLICE THE CHEEKS FROM THE MANGO AND CAREFULLY SKIN THEM, SLICE THE MANGO INTO LONG STRIPS 6-7 CM LONG AND SET ASIDE

ONCE THE TART IS BAKED REMOVE FROM THE OVEN AND PLACE ON A CAKE RACK TO COOL FOR 10 MINUTES BEFORE REMOVING THE RING

ONCE COOL REMOVE THE RING AND LET COOL COMPLETELY, PLACE THE TART ON TO A LARGE SERVING PLATE AND COVER THE ENTIRE SURFACE WITH SLICED MANGO AND SERVE

HINTS & TIPS

- BRUSHING THE INSIDE OF A BAKED TART BASE WITH EGG YOLK SEALS THE BASE AND PREVENTS THE BASE BECOMING SOGGY OR MOIST
- THE ALMOND MIX USED HERE IS KNOWN AS FRANGIPANE A CLASSIC TART FILLING PASTE, IT COMBINES VERY WELL WITH FRESH FRUIT AND IS THE FILLING USED IN ALMOND CROISSANTS