

ROASTED NECTARINE TART

EQUIPMENT

BREAD KNIFE, PASTRY BRUSH, BAKING PAPER, FORK

INGREDIENTS

1 SHEET PUFF PASTRY, 6 RIPE YELLOW NECTARINES, 1 EGG YOLK, 60-80GM LIGHT MUSCAVADO SUGAR,
ICING SUGAR FOR DUSTING, VANILLA ICE CREAM

METHOD

CUT THE NECTARINES IN HALF WITH A SERRATED KNIFE DOWN TO THE STONE AND REMOVE THE STONE, PLACE THE HALVES ON A PERFORATED TRAY CUT SIDE UP AND INTO THE OVEN STEAM SETTING 100 DEGREES FOR 3 MINS

ONCE STEAMED REMOVE FROM THE OVEN AND GENTLY PEEL AWAY THE SKIN AND CUT EACH HALF IN HALF AGAIN AND SET ASIDE

PLACE THE PUFF PASTRY ON A SHEET OF BAKING PAPER AND FOLD IN A 2CM BORDER OF EACH EDGE OF THE PASTRY, USING THE FORK DOCK THE PASTRY

MIX A LITTLE WATER WITH THE EGG YOLK AND BRUSH THE SURFACE OF THE PASTRY AND PLACE INTO THE OVEN COMBI SETTING 200 DEGREES FOR 4 MINS UNTIL THE PASTRY JUST BEGINS TO COLOUR

REMOVE THE PASTRY FROM THE OVEN AND LAY OUT THE PIECES OF NECTARINE IN ROWS, SPRINKLE OVER THE MUSCAVADO SUGAR AND RETURN TO THE OVEN FOR 12-15 MINS UNTIL THE PASTRY IS GOLDEN AND THE SUGAR HAS CARAMELISED

ONCE COOKED PLACE THE TART ON A LARGE SERVING PLATTER DUST LIBERALLY WITH ICING SUGAR AND PLACE A SCOOP OF ICE-CREAM ON TOP AND SERVE

HINTS & TIPS

- WITH VERY FEW INGREDIENTS YOU CAN CREATE A STUNNING DISHES, IN EARLY SUMMER STONE FRUIT ARE AT THERE BEST USE THEM WHILE YOU CAN
- PAR COOKING THE TART BASE FIRST ENSURES IT STAYS CRISP. THE FRUIT WILL LEACH A LITTLE JUICE WHILE COOKING BUT SEALING THE TART BASE WILL KEEP THE JUICE IN THE TART AND NOT SOAKED THROUGH THE BASE