

BLACKCURRANT FRAICHE TART

CREME



Tarts and pies made with blackcurrants require less fruit than other fruity puddings because blackcurrants have such a strong flavour. They're also particularly good in creamy tarts as they provide such a good contrast. Both is proven with this blackcurrant creme fraiche tart:

Serves 8

Ingredients for the pastry

200g (7oz) flour
100g (3½oz) butter
50g (1¾oz) caster sugar
1½ tsp very cold water
2 egg yolks
icing sugar for sifting (optional)

Ingredients for the filling

250ml (9oz) crème fraîche
2 egg yolks
pinch of salt
4 tbsp caster sugar
250g (9oz) blackcurrants, removed from their stalks and washed

Preparation

Put the flour and butter in a food processor and process until the mixture resembles breadcrumbs. Add the sugar and mix again. Stir the water into the yolks and add this little by little, with the motor running. The pastry will come together in a ball (it may do this before you have added all the egg, in which case stop). Wrap in clingfilm and leave to rest in the fridge for at least 30 minutes.

Preheat the oven to 190°C/375°F/gas mark 5 and put in a metal baking-sheet. On a lightly floured surface, roll out the pastry to fit a 23cm (9in) loose-bottomed tart tin. Line the tin with the pastry - just patch it if the pastry breaks - and prick lightly with a fork. Chill in the freezer for 15 minutes.

Line the pastry case with greaseproof paper and fill with baking-beans. Put in the oven on the baking-sheet and bake for 10 minutes. Remove, take out the paper and beans and put the tin back in the oven for three minutes. Take it out and leave to cool.

Using a balloon whisk, beat the crème fraîche with the egg yolks, salt and half the sugar. Pour the mixture into the pastry case. Toss the berries with the rest of the sugar and scatter on top of the filling, spreading them all out.

Bake until golden and puffy - about 45 minutes. It might still be a little soft in the centre but it will continue to cook in the residual heat. Leave to cool a bit - it is nice at room temperature or lukewarm. Sift a light dusting of icing sugar over the top if you wish.

This recipe has been found here