

WHITE CHOCOLATE AND ASPARAGUS TART



INGREDIENTS

WHITE CHOCOLATE AND ASPARAGUS TART FILLING

- 250ml double cream
- 350g English asparagus, finely sliced (n.b. you can use stalks and is a good way of using up trimmings)
- 420g white chocolate
- Mascarpone to finish

SWEET PASTRY CASES

- 1 ½ eggs, beaten and chilled
- 500g plain flour
- 50g glucose syrup
- 250g unsalted butter, diced and well chilled
- 200g icing sugar



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COOKING METHOD

SWEET PASTRY CASES

01

Sieve flour and icing sugar into food processor bowl, then add glucose and butter. Blitz until mixture resembles fine breadcrumbs then gradually add beaten egg until mix comes together.

02

Remove from bowl, wrap and chill for at least two hours before rolling.

03

Preheat oven to 180°C. Roll the pastry out onto a floured work surface to approximately 3mm thick, then use a 90-100mm cutter to cut out the discs for the individual tart rings (80mm diameter, depth of 10mm). Press the pastry into the pre-greased tart rings then chill for 30 minutes before cooking.

04

Blind bake for 10 – 12 minutes. Remove from oven and allow the tart to cool before filling.

05

Alternatively you could line one 25cm flan ring and make one large tart.

SWEET TOMATO AND VANILLA JAM

01

Place the cream and the sliced asparagus into a heavy based pan and bring to a simmer for 10 minutes.

02

Meanwhile, melt the white chocolate in a pan over some simmering water, ensuring the water is not in contact with the bowl.

03

When the cream has reached boiling point and the asparagus has softened, pass the cream through a fine sieve and squeeze out any leftover moisture using a ladle.

04

Combine the melted white chocolate and the asparagus cream and mix well before pouring into the pastry cases. Chill for two hours before serving.

05

Meanwhile, melt the white chocolate in a pan over some simmering water, ensuring the water is not in contact with the bowl.

