

Raspberry Sabayon Tartlet



This is a real show-stopper if you're cooking for a dinner party at home. Although it takes a bit of skill and effort to prepare all the components it is worth it in the end!

The pastry should be light, delicate, crisp and not too thick. The fruit can be changed to suit your own tastes and the time of year. This dish is typical of our restaurant desserts - relatively simple in its presentation but with lots of technical skill and work in its preparation - to make sure it's just perfect!

Prep time: 1.5 hours

Makes 12 small tarts with some sweet paste and crème Anglaise left over

Sweet Paste

This will make a small batch, which will keep in your fridge cling-filmed for a week or two.

510g plain flour
200g icing sugar
170g unsalted butter
1 vanilla pod, seeds scraped out
2 ½ medium eggs, beaten

Mix together the flour, vanilla seeds, sugar and butter until crumbed. Add in the eggs until it comes the mix forms together.

Split into a 2 or 3 rough ball shapes and cling film each separately.
Refrigerate for 8 hours.

Roll out the sweet pastry and line a few mini tart cases or one larger one.

Bake them blind using some cling film to line the tart cases and some baking beans or dried pulses on top of the pastry. Bake for approximately 10 minutes at around 180°C until light golden brown around the edges. Remove the baking beans and cling film and continue to bake for another 5-10 minutes until the pastry is an even light golden colour.

Allow these to cool. Don't worry if they crack – repair them with a little of the extra sweet paste.

Crème Anglaise

This is best made the day before and allowed to cool and set in the fridge.

568ml (1 pint) double cream
6 egg yolks
110g caster sugar
1 vanilla pod, seed scraped out

Bring the cream and vanilla pod to the boil. Whisk together the egg yolks and caster sugar. Pour the hot cream over the egg mixture and whisk.

Return the pot and continue to cook slowly on a low heat for a minute or so until the crème Anglaise begins to thicken up. Be careful not to cook for too long or take it to too high a temperature, as it will scramble the mixture

Pour through a sieve and allow to cool before placing in the fridge

Sabayon

4 eggs
110g caster sugar

To make the sabayon whisk together the eggs and sugar for a few minutes until the sabayon becomes light and fluffy. An electric mixer is best.

To assemble

Spoon a little of the crème Anglaise into the tart cases and then place a few raspberries in each of the tart cases and spoon over the sabayon.

Either blow torch these quickly or flash under a hot grill to colour slightly.

Serve with Ice Cream