

CHERRY AND ALMOND TARTS



FOOD SERVICE



A sophisticated restaurant style dessert when made in individual moulds, can also be made into a large tart to serve by slice. Ground almonds and eggs give a moistness and a lightness to the frangipane mix, that is rich and utterly delicious. Frangipane is the filling for classic Bakewell Tart.

CHERRY AND ALMOND TARTS

SERVES 12



INGREDIENTS

		Approx Unit Price	Approx Ingredient Cost
675g	shortcrust pastry	0.00538	\$3.63
125g	cherry jam (or plum jam)	0.00572	\$0.72
1	415g tin cherries, or pitted fresh cherries	3.00000	\$3.00
Frangipane			
225g	butter	0.00840	\$1.89
225g	Chelsea Caster Sugar	0.00262	\$0.59
175g	ground almonds	0.02600	\$4.55
50g	plain flour	0.00160	\$0.08
4	eggs	0.20000	\$0.80

METHOD

Frangipane

Cream butter and sugar in a food mixer until very pale. Mix together ground almonds and flour in a separate bowl.

Add one egg at a time to creamed butter mixture, sprinkling in a handful of the almond mixture at the same time (this helps the butter mixture incorporate with the eggs). When all the eggs have been added, fold in remaining almond/flour mixture. Frangipane is now ready to use.

Glaze

Drain cherries and set aside. Put juice from cherries in a pan and simmer until reduced by half. Cool.

Assembly

Preheat oven to 180°C. Grease 12cm x 10cm round, fluted, about 2.5cm deep, loose bottomed tart tins. Roll out pastry and line tart tins. Put in chiller to rest for 20 minutes.

Spread 2 tsp cherry jam on base of each tart case and fill with frangipane mix. Dot cherries evenly on top. Bake 30 minutes - if browning too quickly towards the end of the cooking time, cover with foil. Allow to cool until just warm. Brush with reduced cherry juice glaze.

Serve with crème fraîche, vanilla ice cream, pear sorbet etc.

RECIPE VARIATIONS

- Substitute cherry jam for plum jam.
- Many different fruits can be used instead of the cherries:
 - canned or poached peaches, pears, plums
 - dried apricots, soaked in warm water until softened
 - prunes soaked in tea or Armagnac
- Omit cherries altogether, spread a ½ cm layer of raspberry jam on base of pastry for a classic Bakewell Tart.

TOTAL COST	\$15.26
COST PER PORTION	\$1.27
GROSS PROFIT %	70%
SALES TAX	15%

MIN. SELLING PRICE **\$4.87**
(per portion)

Costs based on average wholesale prices at July 2010

PROFIT

- Tarts will keep well for several days, stored in an airtight tin at room temperature.
- Individual tarts cost approx \$1.27 + GST each to make, suggest a selling price of \$4.87 to achieve 70% gross profit. Menu price will need to be higher still to factor in any garnish, e.g ice cream.
- A lower cost version can be made by using cheaper fruit, e.g plums.

NUTRITION

- Contains gluten, dairy and eggs.

SERVICE

- Serve individual tarts at room temperature, or slightly warmed in the oven with a quenelle of vanilla ice cream, crème anglaise (fresh custard sauce) or a spoonful of crème fraîche.
- Large tarts can be sliced when tart is cool, and can be displayed in cake cabinet. Best served at room temperature. Pastry will need to be blind baked first.
- Large tarts make an ideal dessert for a set menu, as can be prepared and portioned well in advance and is very easy to serve.
- Save juice from drained tins and reduce until syrupy to serve with the tart as a sauce.