



StarBistro



Bitter Chocolate Tart with Peanut Butter Ice Cream

Serves 8 people (3½ inch tarts) or 4 (8¾ inch tarts).

Ingredients:

Pastry cases:

- 285g of unsalted butter, at room temperature
- 150g of icing sugar, sifted
- 100g of ground almonds
- ½ teaspoon of salt
- ½ teaspoon of vanilla bean paste
- 2 large eggs, at room temperature, lightly beaten
- 490g of plain flour

Filling:

- 250g of high quality dark chocolate
- 125g of butter, cubed
- 375ml of double cream
- 5 egg yolks

Ice cream:

- 4 tablespoons of caster sugar
- 3 eggs
- 250ml of full-fat milk
- 200g of peanut butter
- 175ml of sweetened condensed milk
- 125ml of single cream
- 2 teaspoons of vanilla extract

Cont.



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Method

Pastry cases

The pastry can be made by hand or in a mixer. Either way, be gentle!

- Beat the butter until creamy.
- Add the milk, eggs, sugar and salt and beat until the mixture is roughly blended (at this point, the mixture will look curdled. Further mixing will not make it look any better, so stop after a minute or two). Add the flour in three or four additions. There is no need to wait for the flour to be incorporated thoroughly after each addition. Mix until the ingredients come together to form a soft, moist dough that doesn't clean the sides of the bowl completely but does hold together. Don't overdo it.
- Gather the dough into a ball and divide it into four pieces for 8¾ inch tarts or eight pieces for 3½ inch tartlets. Gently press each piece into a disc and wrap each disc in cling film. Allow the dough to rest in the refrigerator for at least four hours or for up to two days before rolling and baking. At this stage, the dough can be wrapped airtight and frozen for up to a month.
- For each tart, butter a tart ring and keep it close at hand. Work with one piece of dough at a time; keep the remaining dough in the refrigerator.
- Working on a lightly floured surface, roll the dough between 1/16 and 1/8 inch thick, lifting it often and making certain that the work surface and the dough are amply floured at all times. Once lined, the tart cases can be chilled or frozen for at least 30 minutes to set the pastry and reduce shrinkage. Blind bake at 180c for 20 to 25 minutes until golden and crisp.

Filling:

- Heat the cream to just below boiling point and pour into the chocolate and butter. Beat to emulsify. Whisk in the egg yolks.
- Pour into the tart cases and gently tap to remove any air bubbles. Allow to set at room temperature. Serve with a good quality (or homemade) salted peanut butter ice cream.

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Peanut butter ice cream:

- In a medium bowl, beat the sugar and eggs with an electric mixer until thick, for about three minutes. Set aside. Pour the milk into a small saucepan and bring to a simmer over a low heat. Gradually drizzle the hot milk into the eggs while whisking vigorously. Then pour the whole mixture into the saucepan. Cook over a low heat, stirring constantly, until it is thick enough to coat the back of a metal spoon. Do not boil.
- Remove from the heat and whisk in the peanut butter. Allow to cool slightly, then whisk in the sweetened condensed milk, single cream and vanilla. Cover and refrigerate until chilled.
- Pour the mixture into an ice cream maker and freeze according to the manufacturer's instructions.