

# carême

## PREPARATION OF A 'BLIND BAKED' SWEET TART

Many filled tarts require 'blind baking' or pre cooking before you add the filling. This is to ensure the tart base is cooked and crisp. These step by step instructions guide you through the preparation of a 20cm tart case for which you require 1 x 175g block of vanilla bean sweet shortcrust pastry. To make a larger tart shell (up to 30cm) simply roll 2 x 175g blocks of the pastry together.

### DEFROSTING INSTRUCTIONS

For best results, defrost pastry in refrigerator overnight. Quick defrost can be done at room temperature (1 to 2 hours). Ensure the pastry is kept cool at all times. Refrigerate if not using immediately. Shelf life once defrosted 24 hours.

### PREPARATION INSTRUCTIONS

- 1 To begin lightly flour work surface.
- 2 Fold in the corners and shape pastry into a circle with your hands.
- 3 Begin rolling out the pastry. Hold your rolling pin at a 45 degree angle and roll away in a clockwise direction, moving the pastry around after each roll.
- 4 To check you have rolled to required size place tart shell on top of the pastry. The pastry should be 5cm to 6cm larger than the tart shell you are lining.
- 5 Roll the pastry onto the rolling pin and lay over the tart shell.
- 6 Using your thumb and forefinger gently push the pastry down and mould to the tart shell.
- 7 Trim the excess pastry from around the edge and place in the refrigerator for 10-15 minutes to rest. This will prevent shrinkage during baking.
- 8 Remove the tart shell from the refrigerator and line with baking paper. Fill with baking beans or a pulse such as dried chick peas. This is to weight the pastry down and prevent from rising up during baking. Place the shell on a baking sheet and cook at 160C/ 320F for 10 minutes, for tart cases larger than 20cm bake for 15 minutes.
- 9 Check the base is cooked, the pastry should be light golden in colour.
- 10 Remove from oven and remove baking paper and beans. Lightly brush the pastry shell with beaten egg yolk. Return to the oven for a further 5 minutes. This ensures a crisp finished tart.
- 11 Once the pastry shell is cooked reduce oven temperature according to recipe instructions. For ease of pouring transfer your tart filling to a jug. Pull the pastry case half out of the oven and pour in the filling. Gently push back into the oven and cook according to recipe instructions.

