

CROSTATA DI FRUTTA (ITALIAN FRUIT AND CUSTARD TART)

INGREDIENTS

For the tart shell

500g flour
300g butter
200g sugar
4 egg yolks
Zest of 1 lemon

For the custard

125 g sugar
500 ml milk
4 egg yolks
2 tablespoons flour
1 fresh vanilla bean, slit lengthwise
250 ml whipping cream

Fruit or berries to cover, i.e. strawberries, kiwi, figs, raspberries etc.
1 tablespoon confectioners sugar, for dusting (optional)

DIRECTIONS

Make the tart shell. On a wooden work surface, mix together the flour, sugar and butter, cut into little pieces. Rub the butter into the flour and sugar, until it is completely worked in. Work lightly so that the butter does not melt. Make a mound out of this mixture and make a well in the centre. Add the eggs yolks and lemon zest. Work the ingredients together, first with a fork, then with your hands, until you have a smooth, soft pastry dough. Wrap the pastry dough in plastic wrap and refrigerate it for at least 30 minutes.

Preheat the oven to 320F. Prepare your tart pan with cooking spray.

Roll out to the size of the tart dish, place in pan and cover with aluminum foil and pie weights. Bake for 15-20 minutes. Remove foil and pie weights and bake for an additional 10 minutes, until the tart shell is golden brown. Allow to cool completely.

In the meantime, make the custard. Split open the vanilla bean and place in a saucepan with the milk. Bring to the boil gently. Let cool to room temperature and remove the vanilla bean. In a large bowl, vigorously beat the egg yolks with the sugar until the result is light in color and frothy. Add the flour and beat well. Add the milk gradually, beating constantly with a whisk. Slowly reheat, stirring constantly only in one direction until quite thick. The custard will thicken even more once it cools. Allow to cool, covering with plastic wrap to avoid a skin forming.

Finally, when tart shell and custard are cool. Fold whipped cream into the cooled custard. Fill the base with this and decorate with fruit. Dust with powdered sugar before serving. This pie is best enjoyed at room temperature soon after it has been made, i.e. not refrigerated.