



CARAMEL AND DRIED FRUIT TART

This caramel and dried fruits tart is a recipe from the great french Pastry chef Christophe Adam. It is prepared with a silky caramel and mascarpone crèmeux and a layer of caramel and chocolate glaze. To garnish, a multitude of caramelized dried fruit to give even more crunchiness. A truly decadent tart.

Almond Pâte sucrée

1 1/3 cup (170 g) pastry flour
1/2 cup + 1 tbsp (70 g) icing sugar
3 tbsp (20 g) almond meal
7 tbsp (102 g) soft unsalted butter
1 small (40 g) whole egg
1.5 g salt
seeds from 1 vanilla pod

Caramel-mascarpone crèmeux

1/2 cup + 3 tbsp (82 g) superfine granulated sugar
1/2 cup less 1 tbsp (104.5 g) heavy cream
a pinch Fleur de sel
scant 3/4 cup (159 g) mascarpone cheese
3.5 tbsp (50 g) unsalted butter, diced
1.8 g gelatin sheets (0.46%)

Caramel glaze

2 tbsp + 1 tsp (36 g) water
1/2 cup + 2 tsp (109 g) superfine granulated sugar
a generous oz (32 g) glucose syrup
1 cup + 1 tbsp (232 g) heavy cream
1 oz (27 g) milk chocolate
a pinch Fleur de sel
2 g gelatin sheets (0.48%)

Caramelized dried fruits

Farm Fresh Nuts [Raw Blanched Filberts](#)

Farm Fresh Nuts [Dry Roasted Pine Nuts](#)

icing sugar

Extra

cocoa nibs

toasted finely chopped Farm Fresh Nuts [Raw Slivered Almonds](#)

INSTRUCTIONS

Almond Pâte sucrée

In the bowl of a stand mixer fitted with paddle attachment, mix butter with almond meal, sifted icing sugar and vanilla seeds.

Add lightly beaten whole egg and mix to combine.

Add the sifted flour with salt and mix just to combine.

Flatten the dough into a round disc, wrap in cling film and refrigerate for 8 hours.

To line the pastry ring

Brush the interior of your rings with butter (7.5 inches - 19 cm.) and place on a baking tray with baking paper (I used micro perforated round tart ring, micro perforated tray and Silpat non-stick mat).

Roll the dough gently until you have an even 2mm thickness.

Gently ease the dough into the sides of the ring, use your fingertips to press the pastry into the edges and up the wall of the tin.

Using the knife, remove the overhanging pastry.

Prick the base with a fork and refrigerate for 2 hours.

(I used one 7.5 inches - 19 cm pastry ring and three 2.7 inches – 7 cm pastry rings).

To bake

Heat fan oven to 330 F - 165°C.

Bake the tart shell for 22 minutes and let completely cool.

Brush melted cocoa butter to seal the tart shell.

Caramel-mascarpone crèmeux

Soak gelatin sheets in cold water.

Make a dry caramel with sugar and bring to a boil heavy cream with Fleur de sel.

Out of the heat, add in the boiling heavy cream and stir with a whisk.

Add butter and mix with a hand blender.

Add wringed gelatin sheets and blend to combine.

Let cool until temperature reaches 105 F - 40°C.

Soften mascarpone cheese with a whisk, then pour over the cooled caramel and mix to combine.

Spread the mixture into the tart shell (3 mm from the edge of the shell) and refrigerate for 2 hours.

Caramel glaze

Soak gelatin sheets in cold water.

Prepare a caramel with sugar, water and glucose syrup.

Bring heavy cream with Fleur de sel to a boil.

When the caramel is golden brown, add boiling cream (out of the heat) stirring constantly.

Let cook, stirring constantly, until temperature reaches 222 F - 105°C.

Let cool for about 10 minutes.

Add wringed gelatin sheets and chopped chocolate.

Mix to combine with a hand blender.

Let cool the glaze until 125 F - 50°C.

To assemble

Pour the glaze over the mascarpone custard, until the top of the shell.

Refrigerate for 60 minutes.

Caramelized dried fruits

Place hazelnuts and icing sugar (the weight of the sugar must be half the weight of the hazelnuts) in a small pan.

Cook on a medium heat, stirring constantly, until sugar is completely melted and completely wraps hazelnuts.

Spread on baking paper and let cool.

Proceed in the same way for other nuts.

Garnish the tart as you prefer, adding cocoa nibs and toasted finely chopped blanched almonds.

Enjoy.