

Redcurrant & Vanilla Panna Cotta Tart

This can be made this with various fruits; rhubarb, blackberries and blueberries as available.

Ingredients

Tart Shell:

- 230 g plain flour
- 125 g butter chilled and diced
- 50 g caster sugar
- 1 egg yolk
- 2 tbsp whole milk

To glaze the tart shell:

- 1 egg yolk
- A couple of drops of boiling water

Red Currant-Vanilla Panna Cotta Filling:

- 105g of redcurrants
- 67 g granulated sugar
- 500ml of double cream
- Half of a large vanilla bean
- 2 tsp powdered gelatin
- 4 tbsp cold water

To decorate:

- Redcurrants

Instructions

Make the tart shell:

1. Put the flour and butter in a bowl and beat until the mixture is like fine breadcrumbs.
2. Add the sugar to the bowl and beat gently until just combined.
3. Add the egg yolk and milk and mix until the dough just starts to come together.
4. Gather the dough mixture in a piece of cling film, bring it together into a ball, and then flatten the ball into a disk approximately half an inch thick.
5. Chill the pastry dough in the fridge for at least one hour.
6. When the dough is chilled, roll it out between two pieces of parchment paper (this will allow you to avoid adding more flour until it is about 1/8 inch thick).
7. Remove the top sheet of parchment and transfer the dough (parchment side up) to a 9-inch fluted tart pan. Remove the parchment and press the dough into the pan. Trim the edges so that the pastry is about 1/2 inch

beyond the top of the pan with a bit of overhang. Gently press the pastry into the fluted sides of the pan. Reserve extra dough.

8. Place the tart shell in the refrigerator and chill for about 30 minutes.
9. Meanwhile, preheat the oven to 200C or gas mark 6.
10. Remove the tart shell from the refrigerator placing it on a baking sheet, and prick the all over the bottom with a fork. Line the pastry with a crumpled up piece of parchment paper, and fill with baking beans, or rice.
11. Blind bake the tart shell for 15 minutes. Then take the baking sheet with tart shell out of the oven, carefully remove the parchment and beans, and return to the oven to bake for an additional five minutes, until the dough loses its "raw" look.
12. Remove the pan from the oven again. If there are any cracks or holes, patch them with the reserved dough. Mix the remaining egg yolk with a couple of drops of boiling water, and brush the inside of the tart shell with the egg yolk mixture.
13. Return the tart shell to the oven and bake for another 15 minutes.
14. Remove the tart shell from the oven to a wire rack and allow it to cool, still on the baking sheet.
15. When the tart shell is cool carefully shave away the overhang. Using a clean pastry brush, gently remove any crumbs that have fallen into the bottom of the shell.

Make the Panna Cotta filling:

1. In a medium bowl, combine the redcurrants with the sugar and beat.
2. In a small saucepan, combine the cream with the currant-sugar mixture; scrape in the seeds from the vanilla bean, and heat until just steaming (about 70C). Remove from the heat, and allow the mixture to stand for 30 minutes.
3. Toward the end of the 30 minutes, place the 4 tbsp cold water in large jug. Sprinkle the powdered gelatin over the cold water.
4. Return the currant-cream mixture to the stove, and re-heat again until just steaming.
5. Place a fine mesh sieve over the container with the now softened gelatin, and pour in the currant-cream mixture through the sieve, using a spatula to stir and press mixture to extract every last bit of liquid. Thoroughly whisk the currant-cream mixture into the softened gelatin.
6. Place the tart shell, still on the baking sheet, in the refrigerator on a low shelf.

7. Carefully pour the filling into the tart shell and then leave the tart in the fridge to set overnight, or for at least four hours.
8. When the filling has completely set, decorate the tart with redcurrants.