

BLACK FORREST TART



Recipes Courtesy Of Three Mills

PASTRY INGREDIENTS

- ❖ 205 g plain flour
- ❖ 40 g Dutch cocoa powder
- ❖ 50 g caster sugar
- ❖ 1/3 tsp salt
- ❖ 1 tsp vanilla paste
- ❖ 120 g unsalted butter
- ❖ 1 large egg, whisked

Note: Makes around 8 small tarts with plenty of cream left for licking

PASTRY METHOD

- ❖ Combine Dry Ingredients: In a large mixing bowl, whisk together flour, cocoa powder, sugar, and salt.
- ❖ Incorporate Butter: Add butter and rub it in using your fingertips until it resembles flattened breadcrumbs.
- ❖ Mix with Egg and Vanilla: Add whisked egg and vanilla. Stir with a spatula until the dough begins to clump
- ❖ Shape and Chill: Form a disc without kneading, wrap in plastic, and chill for at least 1 hour.
- ❖ Roll and Cut Dough: Dust your workbench with flour, roll dough to 38 cm wide, and cut into 10 cm circles. Fit into 7.5 cm tart tins.
- ❖ Form Tarts: Gently press dough into the corners and trim excess with a rolling pin.
- ❖ Dock the base with a fork and chill for 30 minutes.
- ❖ Blind Bake: Preheat oven to 150°C fan-forced (170°C without fan).
- ❖ Line tarts with scrunched baking paper, fill with baking beads, and bake for 15 minutes. Remove beads and bake for 13 more minutes if filling with no-bake ingredients.
- ❖ Cool completely before adding fillings.



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CREAM INGREDIENTS

- ❖ 250 g mascarpone
- ❖ 300 ml thickened cream
- ❖ 1 tsp vanilla paste
- ❖ 50 g caster sugar
- ❖ 20 ml Kirsch (clear cherry brandy)

Note: Makes around 8 small tarts with plenty of cream left for licking

CREAM METHOD

- ❖ Combine all ingredients in an electric mixer.
- ❖ Start mixing on low for 20 seconds, then switch to high.
- ❖ Beat until stiff peaks form (approximately 1 minute).
- ❖ Do not overmix



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CHERRIES INGREDIENTS

- ❖ 1.5 cups whole cherries, pitted or halved
- ❖ 35 g caster sugar
- Pinch of clove powder
- ❖ 2 pinches of cinnamon powder
- ❖ 1 tsp caramelized balsamic vinegar

METHOD

- ❖ In a small pot, combine $\frac{2}{3}$ of the cherries with sugar, spices, and vinegar
- ❖ simmer on low for 15 minutes, stirring often.
- ❖ Cool, then fold in the remaining fresh cherries



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CHOCOLATE INGREDIENTS

- ❖ 60 g Valrhona dark

METHOD

- ❖ Grate or shave the chocolate with a microplane, vegetable peeler or grater. Construction
- ❖ Fill each cooled tart shell $\frac{2}{3}$ full with the mascarpone cream using a piping bag.
- ❖ Top with the cherry mixture, spreading evenly to fill.
- ❖ Generously cover the tart with chocolate shavings



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