

STRAWBERRY TART

INGREDIENTS

Pastry

175g flour

½ cup butter

1 egg yolk

1 dessertspoon sugar

1 teaspoon vanilla

1 teaspoon lemon juice

3 teaspoons iced water

Filling

4 cups whole strawberries (medium to large)

600 ml cream

1 tablespoon Kirsch

3 tablespoons red currant jelly

Squeeze of lemon juice

1 dessertspoon sugar

1 tablespoon potato flour

METHOD

Pastry

1. Sift flour and salt into a bowl.
2. Add butter and rub in until the mixture has the consistency of breadcrumbs.
3. Mix yolk and water and blend into the flour with a round bladed knife until the mixture just hold together.
4. Allow to rest for 10 minutes if possible.
5. Roll out thinly and fit into tin. Prick bottom of tart. Trim edge and line inside with a layer of greased paper.
6. Cook in oven for 1 ½ - 1 ¾ hours, reducing heat if necessary.

Filling

1. Whip the cream and flavour with sugar and Kirsch.
2. Cover bottom of cold tart case with whipped cream and arrange strawberries.
3. Boil jelly adding a little lemon juice.
4. Stir in the potato flour slaked in a little cold water.
5. Boil for a minute and glaze with a brush while hot.



Extract from
'Early Settlers' Household Lore'.
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