



Pistachio, milk chocolate and Rooibos tea tart

Serves: 6-8

INGREDIENTS

Pistachio and hemp flour shortcrust pastry

220 g hemp flour (or plain (all purpose) flour)
40 g pistachio flour
90 g icing sugar
2 g Maldon salt
10 g (2 tsp) Emerald Pandan Leaf (natural food coloring)
60 g butter, cold and cubed
50 g pistachio oil
50 g egg whites

Pistachio praliné madeleine

80 g eggs, to room temperature
40 g cane sugar (or caster sugar)
12 g orange blossom honey (or acacia honey)
80 g hemp flour (or plain (all purpose) flour)
2,4 g baking powder
10 g (2 tsp) Emerald Pandan Leaf (natural food coloring)
a pinch (¼ tsp) Maldon salt
40 g unsweetened almond milk (or whole milk 3,5% fat)
80 g pistachio praliné 42% (*Valrhona* or homemade vanilla pistachio praliné 60%)
36 g pistachio oil (or the seeds oil of choice)

Crunchy pistachio croustillant

50 g raw pistachios
24 g chestnut flakes (or cornflakes or pailleté feuilletine)
36 g pistachio praliné 42% (*Valrhona* or homemade vanilla pistachio praliné 60%)
36 g raw pistachio butter
6 g pistachio oil (or the seeds oil of choice)
a pinch (¼ tsp) Maldon salt

Guanaja 41% milk chocolate and Rooibos Orange tea crèmeux

125 g whole milk 3,5% fat
125 g fresh cream 35% fat
3 g Rooibos Orange tea
50 g egg yolks
25 g Dulcita raw cane sugar (or caster sugar)
a pinch (¼ tsp) Maldon salt
225 g Guanaja 41% milk chocolate (or Jivara 40% milk chocolate or the good quality milk chocolate of choice)

Pistachio namelaka

1,5 g gelatin sheets, Gold strength (200 Bloom)
8 g cold water to soak the gelatin sheets
95 g Ivoire 35% white chocolate (or the good quality white chocolate of choice)
52 g raw pistachio butter
61 g unsweetened almond milk (or whole milk 3,5% fat)
3 g orange blossom honey (or acacia honey)
125 g fresh cream 35% fat, cold
3,75 g (¾ tsp) natural green food coloring

Assembly and decoration

tempered milk chocolate sticks

INSTRUCTIONS

Pistachio and hemp flour shortcrust pastry

1. In the bowl of a stand mixer fitted with paddle attachment combine: flour, pistachio flour, icing sugar (sifted), salt, natural food coloring, butter and pistachio oil. Beat at low-medium speed until the mix resembles fine breadcrumbs.
2. Add the egg whites and continue mixing until it forms a soft dough.
3. Press the dough into a neat flat square and wrap in plastic wrap before placing into the fridge overnight.
4. Line a micro-perforated baking tray with micro-perforated baking mat. Grease with butter two micro-perforated tart rings of Ø 15 cm x H 3,5 cm.
5. On a lightly floured surface, roll the dough to 3 mm in thickness.
6. Cut out the rolled pastry with the tart ring to obtain the base. Place the pastry base onto the prepared baking tray.
Cut out a pastry strip and line the side of the ring, ensuring that the pastry strip sticks well to the side of the ring. Join the two ends of the pastry strip and, if needed, trim some of the excess pastry that is overhanging the side of the ring, using a knife.
Place the ring over the pastry base, so that the pastry base is perfectly inside the ring and ensuring that the edges of the pastry base stick well to the pastry sides. Repeat the same steps with the second tart ring.
7. Freeze the tarts for 1h. In this case, it is not necessary to prick the pastry base with a fork before baking.
8. Preheat the oven to 150°C, static mode.
9. Line the frozen and unbaked tart shells with heatproof plastic wrap and fill it firmly to the top with uncooked rice (any type of legume or cereal also works well). Bring the sides of the wrap together at the top like a parcel, so it is easier to remove.
10. Pre-bake for 30 minutes. Remove the pre-baked tarts from the oven, remove the rice and bake for a further 15 minutes at 150°C to finish baking.
11. Remove the tarts from the oven and dust with cocoa butter powder (*Mycryo*) while they're still hot. This prevents the pastry to get soggy. Remove the rings while they're still hot.
Do not worry if you don't have the cocoa butter powder, because the baked and cooled tarts will be covered with a thin chocolate layer (see below).

12. Melt some Guanaja 41% milk chocolate (or the milk chocolate of choice) in the microwave to 45°C. Brush the melted chocolate all over the base and the sides of the baked pastry shells, into a thin layer. The chocolate makes a barrier which prevents the pastry from moisture, as making the tart even crispier and tastier. Allow the chocolate to harden at room temperature or in the fridge eventually.

Pistachio praliné madeleine

1. Preheat the oven to 160°C, static mode. Grease a 32,5 x 32,5 cm silicone swiss roll mat (Silikomart tapis roulade) and place it onto a perforated baking tray.
2. In a bowl, sift hemp flour together with baking powder and natural food coloring. Add in salt and whisk. Set aside.
3. In a second small bowl, stir milk together with pistachio praliné, until obtain a smooth mixture. Stir through the pistachio oil. Set aside.
4. Whip eggs, sugar and honey until pale and fluffy.
5. Once the eggs are pale and fluffy, add the dry ingredients a little at a time, while whipping at medium-low speed.
6. Once the dry ingredients are fully incorporated, add to wire the pistachio praliné mixture, continuing to whip at medium-low speed. The batter is ready when it looks homogeneous, smooth and airy.
7. Pour the batter into the greased silicone mat and spread it out evenly with a palette knife, so that it is level with the top of the mat (I mean, 1 cm high, as the height of the silicone mat). The batter will cover only about half of the silicone mat.
8. Bake for 12 minutes, or until the batter is puffed, lightly golden in color, soft and dry to touch. Remove from the oven and allow to cool completely before cutting two circles with a Ø 14 cm cake ring.
9. Place a biscuit madeleine in each tart.

Crunchy pistachio croustillant

1. Preheat the oven to 160°C, static mode. Toast the pistachio in the oven for about 8 minutes, then remove from the oven and allow to cool at room temperature. Using a knife, chop the nuts into small pieces.
2. Coarsely crush the chestnut flakes into crumbs.
3. Stir together pistachio praliné, pistachio butter, pistachio oil and salt, to obtain a smooth mixture. Stir through the chopped pistachios, along with the chestnut flakes.
4. Divide the croustillant between the two tarts, spreading it on top of the pistachio madeleine into an even layer, using a small palette knife or the back of a teaspoon. Place in the fridge.

Guanaja 41% milk chocolate and Rooibos Orange tea crèmeux

1. In a saucepan, combine milk together with cream and Rooibos Orange tea. Bring to simmer, then remove the saucepan from the heat and let the tea infuse for 5 minutes. Strain and weigh 250 g. If it weighs less than 250 g, add extra milk and cream till obtaining 250 g.
2. Melt the milk chocolate in the microwave to 45°C.
3. Make the Rooibos Orange tea crème anglaise.
Re-heat the 250 g Rooibos tea flavored mix, without bringing to boil. Place egg yolks, sugar and salt in a bowl and whisk everything together using a fine whisk. Add the hot liquids to the yolks in 3 times while whisking constantly with a fine whisk. Place everything back into the saucepan and reheat to 82-85°C, stirring continuously with a rubber spatula over low to medium heat.
A method for determining the doneness is to look closely just as the custard's consistency. When you start stirring, you will see lots of tiny bubbles on the surface of the crème anglaise. But as soon as it is done, these bubbles disappear and they are replaced with thicker and silky waves. The crème anglaise is also done when you can make a line on the rubber spatula with your finger.
4. Add the Rooibos Orange tea crème anglaise to the melted milk chocolate in 2-3 times, stirring with a spatula at each addition of liquids, in order to obtain a smooth crèmeux.
5. Transfer the crèmeux into a mixing glass and emulsify with the hand blender to stabilize the emulsion and to get a smoother and silkier crèmeux.
6. Divide the crèmeux between the two tarts, pouring it over the pistachio madeleine and the pistachio croustillant. Chill in the fridge for 12h (overnight).

Pistachio namelaka

1. Soak the gelatin sheets in cold water.
2. Melt the white chocolate in the microwave to 45°. Stir through the pistachio butter until obtaining a smooth mixture.
3. Heat the almond milk together with honey, without bringing to boil, then stir through the soaked gelatin sheets until it is dissolved.
4. Add the hot milk to the chocolate and pistachio mixture in 2-3 times, stirring with a spatula at each addition of liquids, in order to obtain a smooth cream.
5. Transfer the cream into a mixing glass and emulsify with the hand blender to stabilize the emulsion and to get a smoother and silkier cream, ensuring not to add air bubbles.
6. Add to whip the cold heavy cream, always emulsifying with the immersion blender, in order to obtain a smooth and homogeneous cream. Finally, add in the natural green food coloring to enhance the green color of the namelaka and emulsify once again.

7. Fill the *Tourbillon 100 Ø 14 cm Silikomart silicone mould* with the namelaka, previously placed onto a tray. The namelaka will suffice to fill both the cavities of the mould. Gently tap the tray once you have filled the mould to pop any possible bubbles. Smooth the namelaka out, using a palette knife, and first chill in the fridge for minimum 6 hours (best overnight), then freeze for 2 hours in a domestic freezer or for about 30 minutes / 1 hours in a blast freezer. Chilling the namelaka in the fridge before freezing ensure a proper crystallisation of the chocolate and so, a beautiful silky-smooth texture.

8. Once the namelaka is perfectly frozen, unmould it and place on top of the chilled Rooibos tea crèmeux. Allow to defrost in the fridge for approximatively 2 hours.

Assembly and decoration

Garnish with chocolate crunchy pearls, edible flowers and two tempered milk chocolate sticks.