

GASTRONOMIE



YUZU AND COINTREAU® TART

HE CHEF

Original creation by Sadaharu AOKI, Pâtisserie Sadaharu AOKI, Paris, France



Recipe for three tarts with a diameter of 18 cm and 2 cm high to serve approximately 18 people

1. SWEET PASTRY

180 g butter 120 g icing sugar 40 g ground almonds 60 g whole eggs 3 g Guérande sea salt 300 g flour type 55 80 g fine wheat Total weight: 783 g

Use the paddle attachment to mix the butter, icing sugar and ground almonds. Add the whole eggs, then the sea salt, and finally the two types of flour. Knead lightly, then refrigerate the dough for around 1 hour before use. Roll the sweet pastry out to a thickness of 3 mm and use it to line stainless steel tart rings 18 cm in diameter and 2 cm high. Leave to rest in the refrigerator again, then bake blind for around 30 minutes in a convection oven at 170°C. Set aside until you are ready to fill the cake.

2. YUZU CREAM

160 g Yuzu juice 6 g Yuzu powder 160 g whole eggs 200 g caster sugar 260 g butter Total weight: 786 g

In a saucepan, heat the Yuzu juice and Yuzu powder, then pour the juice into the mixture of egg and caster sugar and cook at 85°C. Take the mixture off the heat and allow it to cool to 35°C, then add the softened butter and blend. Refrigerate overnight.

3. COINTREAU® CREAM

360 g full fat milk
80 g egg yolks
80 g caster sugar
40 g pastry cream powder
20 g Mycryo® cocoa butter
42 g gelatine
(6 g of 200 bloom gelatine and 36 g water)
280 g whipped cream
60 g Cointreau® 60%
Total weight: 962 g

Beat together the egg yolks, caster sugar and pastry cream powder until light and fluffy. Bring the milk to the boil, pour it over the mixture and cook like a confectioner's custard. Take off the heat and add the Mycryo® cocoa butter and gelatine. Cool the mixture to 30°C. Beat the cream until smooth, then add the Cointreau® and lastly the whipped cream. Place the Cointreau® cream in cake rings 18 cm in diameter and 2 cm high. Leave to set in the freezer before the assembly and finishing stage.

4. IVORY CHOCOLATE SPRAY

200 g of ivory chocolate 100 g cocoa butter Total weight: 300 g

Melt the ivory chocolate and cocoa butter in the microwave. Set aside to use at around 30°C with a spray gun.

5. ASSEMBLY AND FINISHING

Fill the precooked tart bases with the yuzu cream and

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Griottines®







refrigerate. Remove the discs of Cointreau® cream from their moulds and spray with the ivory chocolate spray. Place the sprayed discs on the filled tarts. Decorate with little dots of neutral yellow glaze.

INDIVIDUAL YUZU AND COINTREAU® TART

Recipe for 10 individual tartlets 7 cm in diameter and 1.5 cm high (around 110 g).

1 Sweet pastry

Roll the sweet pastry out to a thickness of 3 mm and use it to line stainless steel tartlet rings 7 cm in diameter and 2 cm high.

2. Yuzu cream

Divide the recipe in half.

3. Cointreau® cream

Divide the recipe in half. Place the Cointreau® cream in cake rings 7 cm in diameter and 1.5 cm high. Leave to set in the freezer before the assembly and finishing stage.

Same decoration.



