

MATCHA AND DARK CHOCOLATE TART

Matcha and dark chocolate tart is a traditional dessert, which is easy to make, combined with a special ingredient. Matcha is a green tea powder, which goes well with the creaminess of the dark chocolate filling. The matcha shortcrust pastry shell has a greenish/amber colour, which contrasts with the dark chocolate custard to give this tart a beautiful look. Besides being delicious, this fragrant recipe also provides all the benefits of matcha. The powdered tea is rich in polyphenols, which are antioxidant substances that are good for your health.



INGREDIENTS:

Matcha shortcrust:

250 g / 8¾ oz flour
 10 g / 1/3 oz matcha tea
 150 g / 5¼ oz butter
 100 g / 3½ oz powdered sugar
 40 g / 1½ oz egg yolks (2 egg yolks)
 2 g / 1/14 oz salt

Chocolate custard:

2 eggs
 120 g / 4¼ oz superfine sugar
 (caster sugar)
 40 g / 1½ oz cornstarch (cornflour)
 500 g / 17¾ oz milk
 100 g / 3½ oz Emilia Zaini extra
 dark chocolate, 70% cocoa



Difficulty
MEDIUM



Preparation
150 min



Portions
8

- 1 To prepare a matcha and dark chocolate tart, start with pastry. Sieve flour, sugar, salt and matcha into a planetary mixer, and add chunks of butter at room temperature. Once butter is mixed in, add two egg yolks.

TIP

When you take pastry from the fridge, warm and soften with your hands. Do not roll out too thin. It needs to support the weight of the chocolate custard. You may sprinkle your tart with matcha tea for a final decorative touch.



- 2** Knead mixture, first using a rolling pin, then with the hands, until forming a ball. Cover in plastic wrap, and leave to stand for an hour in the fridge.



- 3** Prepare chocolate custard: beat eggs and sugar in a bowl with a whisk. Then add previously sieved cornstarch. Meanwhile, heat milk and chop chocolate. Add milk to egg and sugar custard in a saucepan, and cook until the right consistency is achieved. Take off the heat and add chopped chocolate. Stir to an even mixture. Leave custard to cool in the fridge covered with plastic wrap. Once ready, roll out shortcrust pastry. Cover the bottom of a 22 cm / 8¾ inch diameter non-stick tart mould and fold up to form an edge. Pour cold chocolate custard into tart.



- 4** Cut strips of about 1 cm / ½ inch wide from remaining shortcrust pastry with a serrated pastry wheel. Make classic criss-cross on tart surface. Bake for 35 minutes at 170 °C / 338 °F.

