

Miele

Toasted milk and honey tart with compressed fruit

By Miele

1 hour 10 minutes, plus resting time

Preparation Time

55 minutes

Cooking Time

Serves 8

Serves



INGREDIENTS

Compressed fruit

250 ml (1 cup) water
110 g (½ cup) white sugar
1 tsp coriander seeds
1 lime, zested and juiced
4 firm stone fruit, cut
into wedges

Toasted milk powder

2 tbsp full fat milk powder

Pastry

150 g (1 cup) plain flour
50 g (1/3 cup) cornflour
125 g butter, chilled and cut into cubes
55 g (¼ cup) caster sugar
1 egg
1 egg yolk

Tart

650 ml (2 ½ cups) full fat milk
100 g honey
20 g butter
1 cinnamon quill, broken
1 tsp vanilla paste or extract
2 eggs
75 g (1/3 cup) caster sugar
40 g cornflour
Pinch of salt

Chantilly cream

300 ml cream
2 tbsp icing sugar

To serve

1 tbsp caster sugar
1 tsp ground cinnamon

METHOD

Compressed fruit

1. Place the water, sugar and coriander seeds into a small saucepan and bring to a boil on high heat, induction setting 9, for approximately 3 minutes.
2. Add the lime zest and juice to the sugar syrup and allow to cool.
3. Place the fruit and syrup into a vacuum sealing bag. Place into the vacuum sealing drawer and Vacuum on level 3 and Seal on level 3.
4. Allow the fruit to sit in the syrup for a minimum of three hours, but preferably overnight.
5. Drain the fruit from the syrup when serving.

Toasted milk powder

1. Preheat the Dialog oven on Fan Plus at 150°C.
2. Spread the milk powder onto a baking tray, place onto shelf level 2 and bake for 14 minutes, or until lightly brown.

Pastry

1. Add the plain flour, cornflour, butter and sugar to a food processor and pulse until the mix resembles breadcrumbs.
2. Add the egg and egg yolk, pulse until the dough is roughly combined, do not over mix.
3. Lightly flour the bench. Gently shape the pastry into a circle and wrap with cling wrap. Place in the fridge for 30 minutes.
4. Remove the dough from the fridge and sit at room temperature for 10 minutes.
5. Lightly flour the bench and roll the dough into a large circle approximately 3 mm thick.
6. Grease a deep 24 cm round loose bottom tart tin. Ease the pastry into the tin, gently press into the base and sides. Trim the excess pastry.
7. If the pastry becomes too soft and warm during this time, place back into the fridge until firm.

Tart

1. Place the milk, honey, butter, cinnamon and vanilla into a saucepan and bring to a simmer on medium-high heat, induction setting 7, for 8 minutes. Remove from the heat and sit for 5 minutes to infuse.
2. Whisk the eggs and sugar in a bowl. Add the cornflour and 1 tablespoon of the toasted milk powder and stir well.
3. Pour the cooled milk onto the egg mix and whisk together. Pour back into the same saucepan through a sieve and remove the cinnamon.
4. Return the pan to the cooktop on medium heat, induction setting 5, stir continuously until it thickens. Beat with a whisk until smooth.
5. Preheat the Dialog oven on Intensive Bake at 170°C with a baking tray on shelf level 2.
6. Fill the pastry base with the mix.
7. Place on the preheated baking tray and change the oven to MChef + Intensive Bake + 170°C + Strong Intensity and cook for 30 minutes, or until the filling has set.
8. Remove from the oven and cool on a wire rack for 30 minutes before removing from the tin.

Chantilly cream

1. Combine the cream and icing sugar in a bowl, whisk well until soft peaks form.

To serve

1. Combine the remaining toasted milk powder, sugar and cinnamon in a bowl. Sprinkle over the cooled tart.
2. Cut the tart into wedges and serve with the compressed fruit and cream.

Alternative appliance method

- The filling can be made in the steam oven. Place all ingredients, except the cinnamon quill, into an unperforated steam container and blend to combine well; add the cinnamon quill. Cover the container and place into the steam oven and Steam at 85°C for 1 hour. Remove the cinnamon and whisk well.
- The tart can be made in the oven. Preheat a tray in the oven on Intensive Bake at 150°C on shelf level 1 and cook the tart for 30 minutes. Then change the setting to Bottom Heat at 190°C and continue cooking for 20 minutes.

Hints and tips

- The tart is also great served with berries.
- The toasted milk powder is a great way to use up close-to-date milk powder. It can be added to biscuits, pastry, granola and even made into homemade condensed milk.
- Compressing fruit is a technique where any tiny pockets of air in the fruit are filled with the syrup. It is a wonderful way of flavouring fruit. While we used plums in this recipe, we have also tried this technique with peaches, watermelon or even strawberries.
- Toasting milk results in a more intensive flavour, adding caramel or nutty notes to the dish. This can be made without toasting, but it is worth the extra effort!