

Tarte au Chocolat

Inspired by a Christian Constant recipe

Servings - 1 10" inch tart

Tarte Crust

Equipment – 10" fluted tart pan

Ingredients:

145 grams all-purpose flour
30 grams cocoa powder
100 grams COLD chopped, European-style butter
25 grams powdered sugar
Pinch of salt
1 egg yolk
1 Tb water

Method:

In a food processor using the dough blade, add the flour, cocoa powder, butter, sugar and salt. Pulse until it resembles corn meal (about 30 seconds). Add the egg yolk and water and pulse until the dough comes together and forms a ball. Cover and let rest in the fridge 30 minutes or overnight.

Roll out the dough slightly larger than the size of the tart pan. Place in the bottom of the pan, making sure that the dough covers the sides all the way to the top edge. Prick the bottom of the tart dough many times with a fork.

Freeze the tart shell for 30 minutes. The freezing will help keep the shell from slipping down the outside edge.

Taking the tart directly from the freezer, bake at 375° for about 20 minutes. (Don't let it warm to room temperature before baking.)

The shell must be cool before using or freeze overnight to use the next day.

Ganache

Ingredients:

80 grams powdered sugar
3 egg yolks
8 ounces 2% milk

8 ounces heavy cream
125 grams 61% dark chocolate, chopped or chips
125 grams semi-sweet chocolate, chopped or chips
125 grams milk chocolate, chopped or chips

Method:

Mix the powdered sugar and egg yolks in a large bowl and whip vigorously for a few minutes.

In a saucepan, heat the milk and cream together until very hot, but not boiling. SLOWLY add the hot mixture to the egg yolks and powdered sugar stirring continuously.

When fully incorporated, pour the mixture back into the saucepan and cook for a few minutes over low to medium heat, stirring constantly with a rubber spatula and scraping the bottom of the pan as you stir.

When it is slightly thickened, turn the heat off and IMMEDIATELY add the chopped chocolate and stir until the chocolate is melted.

Pour into the cooled, baked tart shell.

COOL IN FREEZER UNTIL VERY FIRM BEFORE ADDING GLAZE TO THE TOP!

Chocolate Glaze

Ingredients:

2 tsp. powdered gelatin
2 ounces water
50 grams heavy cream
35 grams cocoa powder
110 grams powdered sugar

Method:

Add the water to a small sauce pan. Sprinkle the gelatin over the top of the water.

Add the cream and stir well with a wire whip.

Add the cocoa powder and powdered sugar and stir well.

Heat the mixture and bring to a boil. Turn heat off and cool the mixture slightly for 5 – 10 minutes. Pour onto the cooled tart.

Refrigerate the tart until completely chilled.

Serve cold.