

Rhubarb Tart with Vanilla Cream

Submitted by Chris Fleissner

"I just joined the SAHSWI this year. I am enjoying learning about Swedish culture and learning to research my ancestors. I have been very impressed with the Fika, and wanted to contribute. This is the first Swedish dish I have made. I used fresh rhubarb from my garden."

Ingredients

175 g	(6 oz)	plain (all-purpose) flour
75 g	(3 oz)	cold butter, cubed
2 Tbsp		icing sugar (confectioners' sugar)
1		egg, beaten
250 ml	(1 cup)	whole milk (full-fat milk)
1		vanilla pod (bean), split lengthways
4½ Tbsp		caster (superfine) sugar
2 Tbsp		corn flour (starch)
2		egg yolks
350 g	(12 oz)	rhubarb, cleaned and thinly sliced
12 g	(1-2 Tbsp)	pistachio nuts, shelled

Preparation

1. Grease a 20 cm (8 inch) round, loose-bottomed, fluted tart tin.
2. Place the flour, cold butter and icing sugar in a food processor and whizz until the mixture is like breadcrumbs. Add the beaten eggs and whizz again until a ball of dough is formed.
3. Roll out on a floured work surface until slightly larger than the tin. Use the pastry to line the tin, pressing the pastry well into the fluted edges, then trim off any excess pastry and chill in the fridge for 30 minutes.
4. Meanwhile, add the milk and the vanilla pod to a saucepan. Bring the milk to a boil, stirring regularly to prevent burning. Turn off the heat and leave the vanilla flavour to infuse for 10-15 minutes.

5. Add 3 tablespoons of caster sugar, 2 tablespoons of corn flour (starch), 2 egg yolks and a little of the milk mixture to a bowl and whisk until you have a smooth paste. Gradually add the rest of the milk, discarding the vanilla pod, and whisk until smooth.
6. Return the mixture to the saucepan and simmer over a medium/low heat, stirring constantly, until the sauce thickens. Set aside to cool.
7. Preheat the oven to 200°C (400°F, Gas 6, fan 180°C).
8. Prick the base of the pastry with a fork and line with baking paper and baking beans. Bake blind in the oven for 15 minutes, then remove the paper and beans and bake for another 5 minutes until golden and crisp.
9. Reduce the oven temperature to 180°C (375°F, gas 4, fan 160°C).
10. Spread the vanilla cream over the base of the pastry case, top with the sliced rhubarb and sprinkle the remaining 1½ tablespoons of caster sugar over the top of the rhubarb. Bake for 20 minutes.

