

Blueberry Tart 鬆化藍莓撻

Serving: 1 dozen 份量：1 打



Ingredients 材料:

Tart pastry 撻皮: (Tip: keep everything extremely cold for the best pastry result. 貼士：要撻皮鬆化,應將材料及成品保持冷凍。)	
Self raising flour 自發粉	1½ cups 杯
Butter (chilled) 凍牛油	120g 克
Egg yolk 蛋黃	1 隻
Ice water 冰水	4 tablespoons 湯匙
Vinegar 白醋	½ teaspoon 茶匙
Sugar 糖	½ tablespoon 湯匙
Salt 鹽	¼ teaspoon 茶匙
Topping 藍莓餡料:	
Fresh blueberry (rinsed and dried) 鮮藍莓(洗淨及乾水)	2 cups 杯
Water 水	¼ cup 杯
Cornstarch 粟粉	1 tablespoon 湯匙
Sugar 糖	¼ cup 杯
Fresh lemon juice 鮮檸檬汁	1 teaspoon 湯匙
Salt 鹽	1 pinch 少許

1. Cut cold butter into small pieces and rub into the flour, until the consistency of tiny peas.

將牛油切成小塊,用拇指及食指將牛油及麵粉搓勻,至成鬆粉狀。



2. In a small bowl, whisk the egg yolk, vinegar, water, sugar and salt.

用小碗打起蛋黃,加入醋、冰水、糖及鹽,再發至糖鹽溶解。

3. Stir the egg/water mixture into the flour mixture until moistened, and the dough holds together.

(Add a little bit more ice water if the dough is too dry and does not hold.) 將蛋水倒入鬆粉內,輕擠壓成粉團,如過乾不能成粉團,可酌量加冰水。(忌大力或過度擠壓,否則撻皮會變硬。)



4. Gather into a ball, divide into twelve small balls; cover with plastic wrap and store in the fridge for 1 or more hours. (The dough may be frozen also, just leave in fridge overnight to defrost.)

將粉團分成 12 只小球,蓋以保鮮紙,放於雪櫃內最少一個小時。(粉團也可放進冰箱內,用之前一晚取出放進雪櫃內解凍。)



5. Roll each piece and line the pastry on a tart tin. (The pastry is very buttery and breaks easily but that doesn't matter.)

將小粉團擠成粉皮,鋪於撻模上。(粉皮應是鬆散油膩。)



6. Prick bottom of pastry with fork. Return to refrigerator for an hour. 用叉在底部刺孔,再放回雪櫃冷卻一小時。



7. Preheat oven to 180°C.

將焗爐預熱至攝氏 180 度。

8. Bake the tart pastries in oven for 20 minutes or till browned slightly. After 10 minutes, turn the tray to ensure the pastries are baked evenly. (See Tips below)

將撻皮將入焗爐內,爐 20 分鐘,或至微金黃色。10 分鐘後轉一轉焗盤,讓撻皮烘焗更均勻。(另參閱頁尾的貼士。)



9. Remove from oven and the tins. Let cool on rack for 2 minutes.

從焗爐取出撻皮,脫模,置於架上待涼。

10. Measure out ½ cup of the softest blueberries and place them in a saucepan with ¼ cup of water, cover and bring to boil.

選出半杯最脆的藍莓,加 ¼ 杯水,煮滾。

11. Meanwhile in a small bowl whisk cornstarch with 1 tablespoon of cold water until well blended, set aside.

將粟粉溶於一湯匙冷水中,備用。

12. When water and blueberries come to a boil, lower the heat to simmer and stir constantly for 3 – 4 minutes until the berries start to burst and the juice starts to thicken.

藍莓及水煮滾後,將火調慢,不停攪動 3 – 4 分鐘,至藍莓爆裂及汁液轉濃。

13. While still stirring, slowly add the cornstarch, sugar, lemon juice and salt.

隨攪動,隨加入粟粉水、糖、檸檬汁及鹽。

14. Simmer for a minute or so until the mixture becomes translucent.

慢火再煮 1 分鐘或至汁液煮成半透明狀。

15. Remove from heat, gently stir in remaining blueberries.

離火,慢慢加入藍莓,拌勻。



16. Spoon into prepared tart crust.

將藍莓醬加在撻皮上。



17. Let sit at room temperature for 2 hours before serving with whipped cream (optional). 置於室內,待 2 小時後享用,可加鮮忌廉同用。

18. Store at room temperature for 2 days. 可在室內存放 2 天。

Tips: For a better tart presentation, you may blind bake the pastry. Line the pastry in the tart tin with parchment, fill with dried beans or uncooked rice to weigh down the pastry. Bake in oven for 10 minutes, remove paper and rice. Bake further 10 minutes or until pastry cases are browned slightly.

貼士: 要撻皮賣相更佳,可在未烘焙的撻皮上鋪上牛油紙,再注滿乾豆或生米,放入焗爐焗 10 分鐘,好使撻底不會拱起。移去紙及米,再焗 10 分鐘或至微金黃色。

