



Fruit Custard Tart

Finally, spring is upon us, and what better way to celebrate than with this delicious fruit dessert, which can be made with the fruits and custard flavor of your choice. This is a very fun video, with a few tips on how to cut the fruit. Enjoy!

Ingredients

2 cups white flour
½ cup sugar
1 stick of butter
1 large egg
Zest of 1 lemon
¾ cup heavy cream
1 drop vanilla extract
½ cup custard
Fresh fruit of your preference
1 cup chickpeas

Preparation Process

Cut the butter in to small slices and mix it into the flour with your hands until it has the texture of breadcrumbs.

Add the egg and sugar to the mixture and knead until the dough is bound into a soft shape, then wrap the dough in plastic and refrigerate for at least 1 hour

Remove the dough and roll it on a floured surface with a rolling pin, flipping halfway through.

Roll the dough around a rolling pin so you have a cylinder, then unroll over a round baking pan. Gently press the edges, then cut off the excess dough.

Cover the dough with parchment paper and pour the chickpeas on top of the to prevent the dough from rising, then refrigerate for another 30 minutes

Preheat the oven to 400 degrees and bake for 15 minutes. After the 15 minutes is up, remove from the oven, remove the beans and bake for another minutes.

Remove and let the dough cool.

In a large bowl, add the cream and whisk until it has a whipped cream consistency, then add the custard and stir in a drop of vanilla extract.

Pour the cream mixture into the tart

Slice the fruits into the shape and size of your choice, then arrange on top of the custard and serve.

If you want to watch the video again. Click [here](#).