

Green Tea Lychee Berry Tart

Recipe By *Esther Deutsch*



Cook & Prep:  4.5 h

Serving:  8

Contains:    

Preference: Dairy

Difficulty: Hard

Occasion: Shavuot,
Chanukah, Tu-Bishvat, Nine
Days

Source: Whisk by Ami
Magazine

Ingredients (14)

For the crust

- 1 cup confectioners' sugar
- 1 and 3/4 cups all-purpose flour
- pinch of salt
- 8 tablespoons unsalted butter, softened

1 large egg

For the green tea filling

1 and 1/2 cups heavy cream

5 tablespoons sugar

2 ounces cream cheese

2 tablespoons matcha green tea powder (or to taste)

1 cup creme fraiche

1 teaspoon powdered gelatin

For the topping

8 ounces fresh lychees

1 pint berries or cherries, pitted and halved

fresh mint leaves

Start Cooking

Prepare the tart crust

1. Sift together the confectioners' sugar, flour, and salt into a bowl.
2. Place the butter into a food processor and process until smooth.
3. Scatter the flour mixture over the butter. Add the egg and process just until the dough forms a mass; do not overmix.
4. Wrap the dough in plastic wrap and refrigerate for at least one hour.
5. When ready, line a greased 9-inch tart ring with half the dough and chill for 30 minutes. It's important to keep the tart crust very thin. Keep the rest for another use.
- 6.

Preheat the oven to 375°F. Line the dough with aluminum foil and fill with pie weights, dry rice, or beans. Bake for 15 minutes and remove the aluminum and weights; return the tart to the oven for 15 minutes more. Remove the tart from the oven and let it cool on a rack.

Prepare the green tea filling

1. Place 1/2 cup of heavy cream into a small bowl, and sprinkle gelatin over heavy cream to soften.
2. In a small saucepan over medium-low heat, bring another 1/2 cup heavy cream, cream cheese, sugar, and green tea powder to a simmer. Whisk until smooth.
3. Combine the warm green tea mixture with the gelatin mixture and whisk until smooth. Let it cool. Blend if the green tea hasn't totally dissolved into the cream.
4. In a medium bowl, whip the creme fraiche and the remaining 1/2 cup heavy cream to soft peaks. Fold the whipped cream mixture into the cooled green tea cream. Pour filling into the tart shell and place in the refrigerator for at least 2 hours.
5. When ready to serve, arrange the lychees, berries or cherries, and mint over the top of the tart.