



Ivey's In My Kitchen™

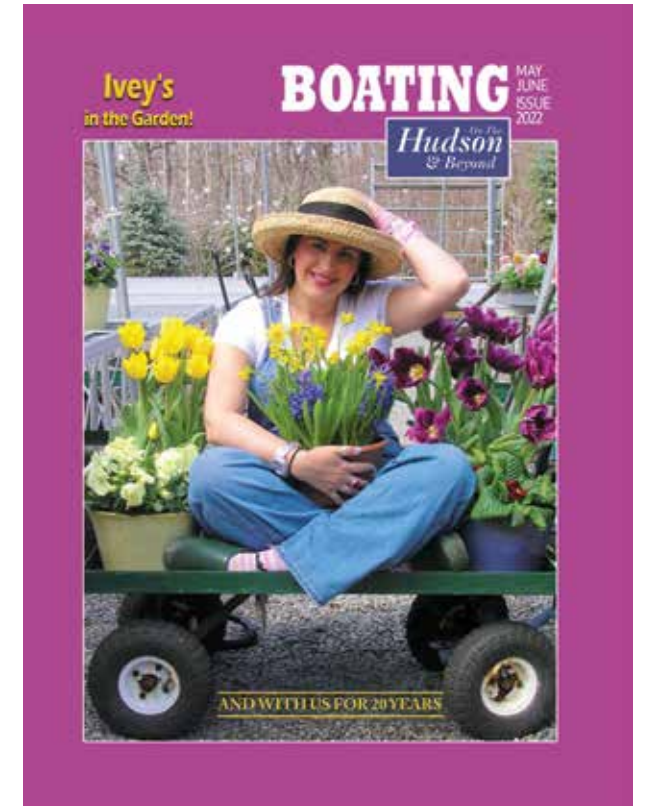
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Welcoming FREDDIE'S TABLE Into Ivey's Kitchen

Let them eat tart!

My dear friend, Frederique (I call her my little French Fry) is an artist in the kitchen. Her business's Let Them Eat Cake and Freddie's Table are diamonds in the gem world of food. Her recipes inspire me, they have beauty I cannot duplicate, flavor combinations out of a dream and her warm teaching technique makes everything taste even better. We have a friendship bonded over food and my favorite kitchen play-dates. Freddie has taught me so many adventurous recipes. Things I would never dare on my own. She has even held my hand when I struggled to learn certain recipes, like this one. Since I have mastered it, I am allowed to write about it now. Let's just say that this article has been a long time coming. This yummy, beautiful and gluten free pear almond tart intimidated me. But now I am ready to share and I hope this article helps to hold your hand in trying it. Because, seriously, it is nothing short of divine.

My first intimidation was that the ingredients were originally measured in the metric system. Forgive me but I am a heathen, I do not take naturally to baking using metric. I am a cups and tablespoon kinda girl. Also this is more baking than cooking, baking is more of a science and that too intimidated me, I shine when I can generalize a little. Baking does not allow generalizations. So Frederique literally came over again and again each time I begged her for "another baking play-date". She helped me conquer each stage, making the crust, conjuring up the filling, proper handling of the pears, etc. At one point we spent an entire day just making the dough. This delicious, multi purpose dough is a short crust. To me that means no stretch, no give, it doesn't inflate or expand it doesn't even rise (unless you screw up blind baking –



which of course; I DID). Then there was working with a tart pan, also completely foreign to me, Oy, I cannot count how many times I ruined the crust by putting my hand right through the center while trying to remove it from the oven. I am telling y'all, this was a real lesson for me. And as usual there were a comedy of errors. First in the middle of adding all of the ingredients together I realized I was missing a vital ingredient – that was a trip to the store in my apron. Then I did not have a scale that worked and on another day we left on the hunt for that. This is where I started to convert ounces to cups because everyone does not own a scale.

I am giving you the scan code to go directly to the instructional video. This is a video from Freddie's Table so it is in the original metric measurements. It's a wonderful video and I use it every time I make the recipe because it is important to see what each stage looks like. However I will be telling my story with cup measurements and pictures. I hope you will follow along.

The crust is a combination of butter, almond flour and gluten free flour, Frederique introduced me to a new favorite; King Arthur GF baking flour. It is the best I have tried. I like Bob's Mills as well and from now on I will not get caught again with my flour pants down. For the filling, a delightful almond cream, I used both Bob's almond flour and Trader Joe's almond meal. Both produce a heavenly almond cream, however I recommend the Bob's for a finer, smoother texture and I like the Trader Joes almond meal for a more nutty flavor and a slightly more rustic texture. Can you tell that I have really tried everything with this recipe?? For the pears my motivation is always Harry & David Royal Rivera pears. They are superior to any pears I have had and they are reliable, they always ripen (in their box) to a perfect sweet, juicy example of the perfect pear. If you are going to use supermarket pears, I recommend that you follow Frederique's video and poach them. When I make this recipe I use Harry & David pears,.... or jarred,...or canned. This is so that I don't have to poach them. I even tried making this tart with jarred vanilla peaches but that is for a later time in the story. The vanilla pears from the jar worked wonderfully and I recommend jarred as well as canned pears for this recipe. Yes, I know the proper and traditional way is to buy fresh and to poach but I had enough to learn and besides, I have my special pears that do not require poaching. Just a good peeler! Thank you to Harry & David and thank you to Salinger's jarred vanilla fruits. I also did something that Frederique does not approve of,...I topped the tart, prior to baking, with cinnamon sugar for my Husband. She was not impressed, as a French woman I think she was offended. But my Husband was thrilled. Frederique tops her version with gold leaf and I cannot compete with that. After a few months and more lessons than I am willing to admit to I finally got it right. And I was so proud of myself I started to play around with it. This is where the peaches came in. This recipe can be broken down and made into individual tarts; it can also be expanded to make a larger more holiday friendly sized dessert. Once you master the crust and understand the required texture of the almond cream anything is possible.

Preparing the pears is simply peeling them, slicing them in half, removing the center stem and seeds and then slicing the half horizontal. Your goal is to press the half pear down on top of the tart and to have the slices lay like dominoes. Frederique taught me to use almond slices in between the pears. One day we ran out of slices and I took regular whole almonds and ran them through the food processor. This yielded the same toasted nutty flavor results but it was a better topping for the more rustic tart where I used almond meal as opposed to the fine almond flour. The almond crumbs also married nicely with the peach version. I used both my standing mixer as well as doing it by hand with a wooden spoon, proving that fancy equipment is not necessary. If you have the arms strength, do it with a spoon, it's a lot less clean up. I tried different ways of dispersing the almond cream. I struggled slightly with spreading it like frosting. I found that if I placed the almond cream into a zip bag or piping bag that it was much easier to apply evenly and spread out. Resist the

urge to pre-prepare the pears. They oxidize once they are peeled so I peeled, cored and sliced the pears right before it was time to lay them down.

TARTE BOURDALOUE

*Day before: You prepare the dough
(and pears if you poach them)*

SUGAR DOUGH

- 8 Tbs. Sweet butter softened
- ½ cup + ½ Tbs. icing sugar
- 3 Tbs. almond flour (or almond meal)
- 1 medium egg
- 1 tsp. vanilla extract
- 1 ¼ cup + 1 tsp. gluten free flour
- Pinch of salt

1. Cream well the butter, sugar & almond flour
2. Add the egg (beat it first) and vanilla until completely combined
3. Add the flour and mix until just combined (do not overwork the dough)
4. Form a ball, wrap it in plastic and refrigerate for one hour (or 10 minutes in the freezer)
5. After that time, roll the dough on a well floured surface. If the dough warms it will be unmanageable, place it in the refrigerator for 10 minutes
6. Trim the dough to fit the center of the tart pan and use the scraps to make the sides of the tart
7. Place in greased tart mold, pressing well against the sides and bottom
8. Use the rolling pin to trim off the extra crust at the top of the mold
9. Prick the bottom all over to prevent bulging during blind baking
10. Place the prepared mold back into the refrigerator for a minimum of 12 hours or overnight (or 1 hour in the freezer)

Day of: Make the cream, assemble the tart & bake.

THE CRUST:

1. Preheat the oven to 300F degrees (convention if possible)
2. Place the tart shell into the oven and blind bake for 25 min
3. Check and spin the crust after 18 min
4. While the crust bakes prepare the cream

THE ALMOND CREAM:

- 5 Tbs. butter, softened
 - 1/3 cup sugar
 - 2/3 cup almond flour
 - 1 Tbs. vanilla extract
 - 1 tsp. almond extract (optional)
 - 1 egg
 - 2 Tbs. cornstarch
 - Cinnamon sugar (optional)
1. Mix together the butter and the sugar (cream them)
 2. Add the almond flour and mix well
 3. Add the egg and mix until it is just combined, do not over mix
 4. Finish with the vanilla and the almond extract
 5. Place the mixture into a piping bag or a zip bag



THE ASSEMBLY:

1. Take the pears from the liquid and dry them as much as possible
2. When the shell has finished blind baking, take it out of the oven
3. Fill the tart shell with the almond cream and spread it around evenly
4. (Peel pears if necessary) cut 3 pears in half and carefully core them
5. Cut remaining peeled whole pear 2 inches from the top & place it in the center of the tart
6. Place the pears cut side down onto a cutting board and slice them horizontally
7. Pick up the sliced half carefully and place it in the cream, narrow side towards the center and fan the slices slightly

8. Sprinkle almond slices on the exposed almond cream
9. Sprinkle cinnamon sugar on top (optional)
10. Bake on 300 for approximately 1 hour, the crust will darken
11. Let the tart cool down
12. Slice with a thin sharp knife and serve warm as well as room temperature and it's also delicious cold in the morning with a hot cup of coffee

ENJOY!



https://youtu.be/ra-GfK_aaxM

Tarte Amandine
Bourdaloue



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