

Rose & Pistachio Custard Tart



Preparation time: 95 mins

Serves: 10 people

User Rating: ★★★★★

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Categories: Desserts



Ingredients

- 1/2 cup pistachios, plus extra to decorate
- 1 ½ cups plain flour
- 2 tbsp icing sugar
- 150g butter, chilled
- 1 tbsp iced water
- Edible rose petals, to serve

CUSTARD

- 3 cups milk

- 1 teaspoon vanilla bean paste
- 6 egg yolks
- 2/3 cup caster sugar
- 1/4 cup cornflour
- 2 tbsp plain flour

ROSE JELLY

- 4 raspberries
- 1 ½ tbs caster sugar
- 1 1/4 cups water
- 3 tsp powdered gelatine
- 2 tsp rosewater

Method

1. Process pistachios to fine crumbs. Add flour and icing sugar and process to combine. Add butter and pulse until mixture resembles breadcrumbs. Gradually add enough water until dough just comes together. Shape into a disc, wrap and refrigerate for 30 minutes.
2. Lightly grease a 23cm round 4cm deep tart pan with removable base. Roll out dough on a lightly floured surface to a 4mm thick round. Line pan with pastry and trim edges. Refrigerate for 30 minutes.
3. Preheat oven to 180C. Blind bake pastry case for 20 minutes. Then bake uncovered for 15 minutes, until golden and crisp. Cool.
4. To make the custard, place milk and vanilla bean paste in a saucepan and bring almost to boiling point. In a large bowl, whisk egg yolks and sugar until pale and thick. Whisk in flours. Gradually whisk in warm milk mixture. Return to saucepan. Cook over medium heat, stirring constantly, until custard boils and thickens. Simmer, stirring, for 2 minutes. Pour into pastry case and smooth surface. Chill for 2 hours or until cold and firm to the touch.
5. To make the rose jelly, process raspberries, sugar and water together until smooth. Strain through a fine sieve. Sprinkle gelatine over 2 tbsp of just boiled water, whisking with a fork to dissolve. Whisk into raspberry mixture with rosewater. Pour over custard layer and chill for 2 hours, or until set firm.
6. Decorate top of tart with extra chopped pistachios and rose petals.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
179g	1690kJ 404kcal	8.8g	21.4g	11.1g	42.9g	24.2g	111mg	1.1g
Vitamin D								
1.9µg								

All nutrition values are per serve.