

VEGETARIANO

400 Regional Italian Recipes



Slow Food Editore

RIZZOLI
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Crostatine con lamponi / RASPBERRY TARTLETS

Sora Maria e Arcangelo, Olevano Romano (Roma), Lazio

Serves 8 Everyone seems to love an individual dessert. You can also make a raspberry coulis to serve alongside these tasty tartlets.

DOUGH

**¾ CUP UNBLEACHED
ALL-PURPOSE FLOUR**

½ CUP SUGAR

**1 TABLESPOON FINELY
GRATED LEMON ZEST**

**4 TABLESPOONS
UNSALTED BUTTER**

1 LARGE EGG

1 EGG YOLK

FILLING

6 EGG YOLKS

**¼ CUP PLUS 2 TABLESPOONS
SUGAR**

**¼ CUP PLUS 2 TABLESPOONS
UNBLEACHED ALL-PURPOSE
FLOUR**

**4 CUPS WHOLE MILK,
ROOM TEMPERATURE**

1 LEMON

FINISHING

2 PINTS RASPBERRIES

FRESH MINT LEAVES

To make the dough, combine the flour, sugar, and grated lemon zest. Cut in the butter until the mixture resembles sand, then lightly beat the egg and yolk and stir them into the mixture. Knead, working quickly to avoid overheating the dough, until well-combined and soft. Shape the dough into a ball, wrap it in plastic wrap, and refrigerate it for at least 2 hours.

For the filling, in a bowl beat the egg yolks and the sugar. Gradually beat in the flour a little at a time and then beat in the milk. Cut off the zest of the lemon in one piece (do not grate) and add to the mixture. Transfer to a pot and cook over very low heat, stirring constantly with a wooden spoon, until thickened. Remove lemon zest and let the filling cool to room temperature.

Preheat oven to 350°F. Divide the dough into 8 equal pieces. Shape each piece into a disk and roll each disk out to fit a small tart or cake pan or mold. Bake in the preheated oven until golden and dry, about 20 minutes. Let the tart crusts cool, then fill them with the cream filling. Arrange the raspberries decoratively on top and finish with fresh mint leaves.

