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THE NEW CUCINA ITALIANA

WHAT TO EAT, WHAT TO COOK
& WHO TO KNOW IN ITALIAN CUISINE TODAY

RIZZOLI
NEW YORK



Crostata di Frutta al Monococco

Fruit Tart with Einkorn Crust

Fresh fruit is the real star of this show-stopping dessert, while a thin layer of gluten-free pastry cream binds it all together. Make sure to buy the freshest seasonal fruit and feel free to make substitutions depending on what's at its peak. Whole wheat einkorn flour has a weak gluten and ensures a nuttier, more rustic texture.

Crust

1 stick plus 1 tablespoon unsalted butter (4.5 oz.), softened
 ¾ cup granulated sugar (4.5 oz.)
 ½ teaspoon finely grated lemon zest
 seeds from ½ vanilla bean (reserve pod for pastry cream)
 1 large egg
 2 cups and 1 tablespoon (9 oz.) whole wheat einkorn flour
 ½ teaspoon baking powder
 ¼ teaspoon salt

Pastry Cream

1 cup whole milk
 ½ vanilla bean pod, emptied of seeds (see above)
 ½ cup granulated sugar
 3 medium egg yolks
 1 small pinch of salt
 ¼ cup cornstarch
 2 tablespoons unsalted butter cut into pieces, at room temperature

Tart

1 ½ lbs. fresh, sliced, seasonal fruit and berries (eg: 5 apricots, ½ apple, 2 cups mixed berries)

Serves 6

Prepare the crust: Combine the butter, sugar, vanilla seeds, and lemon zest in the bowl of a stand mixer fitted with a paddle attachment. Mix on medium speed until combined, 2 to 3 minutes. Scrape down sides of bowl, add egg, mix thoroughly and scrape down sides of bowl again.

In a medium bowl, stir together flour, baking powder, and salt. Slowly pour dry ingredients to the butter-egg mixture, and mix on medium speed for 2 minutes. Turn the dough onto a sheet of plastic wrap and press into a 6-inch disk, wrapping tightly. Refrigerate for at least 12 hours, and up to 2 days.

Preheat oven to 350°F. Butter a 9-inch tart pan or spray with nonstick cooking spray; set aside.

Remove the dough from the refrigerator and bring to room temperature. Roll out on a lightly floured surface to a 13-inch round, about ¼-inch thick. (Dough will be fragile, but don't worry if it falls apart, you can always patch up broken spots directly in the pan.) Carefully transfer to prepared pan and press gently to adhere. Using a sharp knife, trim dough flush with pan. Patch any cracks with dough scraps. Line the crust with a round of parchment paper

and fill with pie weights or dried beans. Bake in preheated oven for 9 minutes, remove pie weights and parchment, prick holes in the bottom of the crust with a fork, and bake until golden and fragrant, another 5-6 minutes. Remove from oven and set aside on a wire rack to cool.

Prepare the pastry cream: Pour milk into a small saucepan, add the vanilla pod and warm over low heat until just steaming; do not boil. Meanwhile, in the bowl of a stand mixer fitted with a whisk attachment (or with a hand mixer), whisk together sugar and egg yolks on medium-low speed until smooth and pale, about 2-3 minutes. Add salt and corn starch; mix on low speed for 2 minutes, scraping down sides of bowl when necessary. With the mixer on low speed, slowly pour in the hot milk and vanilla pod, until thoroughly combined. (Tip: you may want to transfer the milk from the saucepan to a pitcher or spouted measuring cup, to make pouring easier.)

Pour the pastry cream through a fine mesh sieve into a clean, medium-sized saucepan; discard solids and vanilla pod. Cook over low heat, whisking constantly, until the mixture thickens and begins to barely simmer, about 8 minutes. Remove from heat, stir in butter. Continue whisking until completely smooth.

Fill a large bowl with ice water, set aside. Pour the pastry cream into a heatproof bowl and set over ice bath. Stir occasionally until cooled to room temperature. Cover tightly with plastic wrap and transfer to refrigerator until ready to use. (The pastry cream will last in the refrigerator for up to two days.)

To serve

When the crust and pastry cream are both completely cooled, transfer the crust to a serving plate, spread pastry cream over the bottom and refrigerate until set, about 1 hour. Meanwhile, wash and slice fruit as desired. When the filling is set, arrange fruit on top. Serve immediately, or chill (for no longer than three hours) until ready to serve.