



DESSERTS

APPLE RASPBERRY MERINGUE TART

The buttery crust, raspberry and apple fillings and the golden swirls of meringue make this a deliciously sweet and tart dessert.

SERVINGS:

4

INGREDIENTS:

Tart Shell

50 g Unsalted Butter

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Swiss Merengue

2 Egg Whites

½ cup Sugar

1 tsp Vanilla

Salt

Filling

1 Washington Apple, diced

100 g Brown Sugar

¼ cup White sugar

¼ tsp Vanilla Essence

½ cup Whipping Cream

1 Tbsp Lemon Juice

2 Tbsp Corn Starch

Raspberry Layer

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INSTRUCTIONS:

Filling:

1. In a small pot, add brown and white sugar with 3 tablespoons of water. Cook on a high temperature until a caramel is formed. Reduce the temperature to the minimum and slowly add the cream while stirring with the spatula.
2. Add cinnamon powder, vanilla, lemon juice, diced apple. Mix well.
3. Increase the heat to medium. Dissolve corn starch in a small amount of water. Add to the apple mixture. Mix until sauce becomes thick.

Swiss Merengue

1. In a mixing bowl, mix sugar, egg whites, and salt.
2. Prepare a small pot with water and place it on the stove at low temperature.
3. Place the bowl of egg whites on top of the water pot and mix slowly with a whisk.

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mixer at the high speed. Halfway, add the vanilla and keep mixing until fluffy, white and stiff.

Tart Shell

1. Preheat oven at 400°F.
2. In a bowl, add all ingredients and mix using hands until a dough is formed. You can also use an electric mixer to form the dough.
3. Wrap dough with a plastic wrap and chill for at least 30 minutes. Sprinkle with flour and roll the dough until its 1mm thick.
4. Line the rolled dough on the tart mold, and freeze for 30 minutes.
5. Bake the tart at 400°F for 15 to 20 minutes.

Raspberry Layer

1. In a small pot, heat raspberry puree, water, sugar on medium fire.
2. Meanwhile, in a small bowl, soak the gelatin in cold water until dissolved.

3. Add the gelatin to raspberry mixture and stir. Bring mixture to boil

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1. In the tart shell, add raspberry mixture and place it in the chiller for 30 minutes.
2. Add the apple filling.
3. Add the Swiss meringue and make it look cloud like.

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