



TRIO OF MINI TARTS WITH A SABLÉ BASE AND NUTELLA®

Tarts | Vegetarian | Lunch | Mid-afternoon | Mid-morning | All year round | Banqueting

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Serves 10

(1 portion = 3 tarts - 1 carrot, 1 beetroot, 1 spinach)

Ingredients

- 2 egg yolks
- 18g caster sugar
- 6g honey
- 0.3g table salt
- 1g grated lemon rind
- 1g grated orange rind
- 13g hazelnut flour
- 38g almond flour
- 25g grated carrots (dried)

- 25g beetroot (puréed)
- 25g spinach (boiled and chopped)
- 2 egg whites
- 25g caster sugar
- 38g plain wheat flour
- 1.5g baking powder
- 1 vanilla pod
- 150g Nutella®

Breton sablé biscuit ingredients

- 2 egg yolks
- 50g caster sugar
- 80g plain wheat flour
- 2.3g baking powder
- 1g salt
- ¼ vanilla pod
- 1g grated lemon rind
- 50g butter (at room temperature)

Procedure:

Whip the yolks with the 18g of caster sugar, plus the honey and flavourings.

Whip the egg white with the 25g of caster sugar. Try to keep it glossy and stop it from falling apart when beaten too much.

Sieve the wheat flour with the almond flour and hazelnut flour, adding the baking powder and salt.

Combine the three mixtures, alternately adding parts of the second (flours) and third (egg white) to the first.

Divide the mixture into three equal parts.

Add the carrots to one, the beetroot to the second, and the spinach to the third.

Add the vegetables carefully, to avoid breaking up the mixture.

Pour the mixture into silicone moulds (3x3cm, 2cm high) - about 8g per mould.

There are 3 squares in one portion: one carrot, one beetroot and one spinach.

Bake at 175° for approx. 8 minutes.

Breton sablé biscuit procedure:

Beat the yolks with the sugar and flavourings. Add the sieved flour and yeast, the salt and the butter. Mix until the dough is smooth and even.

Leave to rest for 2 hours (even better, leave overnight in the fridge).

Roll the dough out on greaseproof paper, to a thickness of about 0.5cm. Use a knife or a pastry wheel to mark out 3.3cm square (try to cut out 30 squares).

Leave in the fridge for 1 hour, to harden the pasta. When the squares are cold, remove them from the fridge. Cover a baking sheet with greaseproof paper and arrange the squares on top, well spaced out. Bake at 175°C for about 7 minutes, until golden.

When they're cold, use one Breton sablé square as the base for each tart, joining them together with 5g Nutella®.

1 portion will be: 3 tarts (one of each flavour), each with its Breton sablé square base, and a total of 15g Nutella®.