



## TRIO OF MINI TARTS WITH A SABLÉ BASE AND NUTELLA®

Dessert | Vegetarian | Snacking | All year round | Banqueting

👤👤👤 | 1 hour ⌚ | 🍰🍰🍰

Serves 10

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

### Ingredients

- 2 egg yolks
- 4 tsp caster sugar
- 1 tsp honey
- 1 dash table salt
- ½ tsp grated lemon rind
- ½ tsp grated orange rind

- 1 2/3 tbs hazelnut flour
- 1/3 cup almond flour
- 7/8 oz. grated carrots (dried)
- 7/8 oz. beetroot (puréed)
- 7/8 oz. spinach (boiled and chopped)
- 2 egg whites
- 1 3/4 tbs caster sugar
- 1/3 cup plain wheat flour
- 1 tsp baking powder
- 1 vanilla pod
- 5 1/4 oz. Nutella®

## Breton sablé biscuit ingredients

- 2 egg yolks
- 3 1/2 Tbs caster sugar
- 2/3 cup plain wheat flour
- 1 1/2 tsp baking powder
- 1/6 tsp salt
- 1/4 vanilla pod
- 1/2 tsp grated lemon rind
- 1 3/4 oz. butter (at room temperature)

## Procedure:

Whip the yolks with the 4 tsp of caster sugar, plus the honey and

flavorings.

Whip the egg white with the 1  $\frac{3}{4}$  Tbs 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 (1  $\frac{1}{4}$  x 1  $\frac{1}{4}$  inches,  $\frac{3}{4}$  inch high) - about  $\frac{1}{4}$  oz. per mould.

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

Bake at 350° for approx. 8 minutes.

### **Breton sablé biscuit procedure:**

Beat the yolks with the sugar and flavorings. 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  $\frac{1}{4}$  inch. Use a knife or a pastry wheel to mark out 1  $\frac{1}{3}$ -inch square (try to cut out 30



PASSIONATE BRANDS, PARTNERED WINS

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 350°F 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 1/6 oz. Nutella®.

1 portion will be: 3 tarts (one of each flavor), each with its Breton sablé square base, and a total of 1/2 oz. Nutella®.

---