



PROFESSIONAL

MUSHROOM EGG CUSTARD TARTLET WITH ROAST GARLIC CREAM

AVONMORE
PROFESSIONAL
PRODUCT USED



Avonmore Professional
35.1% Whipping Cream

MAKES 12-15 TARTLETS

INGREDIENTS LIST

Shortcrust Pastry

- 180g Plain Flour
- Pinch of Salt
- 150g Unsalted Butter, cold & cubed
- 1tbsp Water

Mushroom Egg Custard

- 1tbsp Olive Oil
- 200g Mixed Mushrooms
- 1tsp chopped fresh thyme
- 4 Eggs
- 100g Cheddar Cheese, grated
- 150ml Crème Fraiche
- 150ml Cream
- Salt and pepper for seasoning

Roast Garlic Cream

- 2 Bulbs of Garlic
- 1tsp Butter
- 125ml Cream
- Salt for seasoning

Caramelised Mushrooms

- 100g Small Mushrooms
- 1tsp Butter
- 1tsp Olive Oil
- 1/2 tsp Soy Sauce
- 1/2 tsp Balsamic Vinegar

Pickled Onion

- 125ml Apple Cider or White Wine Vinegar
- 1tsp Sea Salt
- 10g Icing Sugar
- 1/4 tsp Black Peppercorns
- 2 Shallots or Small Red Onions, cut into thin rings



THE RECIPE, STEP BY STEP

ELEMENTS:

- 01 Shortcrust Pastry Tartlet
 - 02 Savoury Mushroom and Egg Custard
 - 03 Roast Garlic Cream
 - 04 Caramelised Mushrooms
- Garnish: Pickled Onion, Mixed Herbs: Dill/Chive/Parsley

01

Shortcrust Pastry

1. Sift the flour and salt together into the bowl of the stand mixer. Add the butter and mix using the beater attachment until the mix resembles fine breadcrumbs. Add the tablespoon of cold water and bring the dough together.
2. Form the dough into a ball and wrap in cling film. Flatten into a disc and place in fridge for at least 30minutes.
3. Preheat the oven to 200C or 180C if using a fan oven. Line a baking tray with parchment paper and set aside.
4. Once chilled, roll out the dough into a large circle about 3-5 mm thick on a lightly floured surface. Cut out circles (6cm in diameter) and press into an 18-hole non-stick miniature tartlet or muffin tin.
5. Chill the tin in the freezer for 5 minutes then blind bake using parchment paper and baking beans or rice for 10 minutes until the edges are golden. Remove the parchment and continue to cook for another 2-3 minutes to ensure the tartlet bases are cooked through. Set aside to cool.

02

Mushroom Egg Custard

1. Preheat the oven to 190C or 170C if using a fan oven.
2. Heat the oil in a frying pan over a medium heat and add the mushrooms, stirring every minute or so, until they've released their moisture begin to caramelize, about 4 to 6 minutes. Season lightly with salt and pepper, add the thyme and cook for another 2- 3 minutes. Transfer the mushroom mixture to a large plate or tray pan to cool.

3. Whisk the eggs, cheese, crème fraiche and cream together. Place a few cooled mushrooms in the base of each baked tartlet shell, then fill up the shells with custard mix.
4. Bake for 10 minutes until golden.

03

Roast Garlic Cream

1. Preheat the oven to 200C or 180C fan. Cut the tops from the garlic bulbs so the bulbs are exposed. Place butter over top and season with salt.
2. Roast the garlic, uncovered, 35 to 40 minutes or until the garlic is soft and golden. Cool slightly, then squeeze the roasted cloves from the skins into a bowl. Puree with 30ml of the cream until smooth.
3. Whip the remaining cream until soft peaks form. Fold the garlic puree into whipped cream taking care not to over whisk. Place the garlic cream in a piping bag and chill until required.

04

Caramelised Mushrooms

1. Put the butter and olive oil in a frying pan and place over a medium heat. Add the mushrooms and continue to cook for about 5 minutes until browned.
2. Add the soy and vinegar and continue to cook for another 2-3 minutes until shiny and caramelised.
3. Remove from the heat and leave to cool.

05

Pickled Onion

1. Put the vinegar, salt, sugar and peppercorns into a bowl and whisk well.
2. Put the sliced onion into a dish and pour over the pickling liquor.

Assembly and Presentation:

1. Pipe garlic cream on top of the custard tart. Arrange caramelised mushrooms, pickled onion, and herbs to top to serve.