

Fresh Fruit Tart with Pastry Cream - A Stunning, Easy Dessert

There's nothing quite like a



OVEN
350°F

TIME
30 min

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INGREDIENTS

For the Tart Base (Shortcrust Pastry):

200 g all-purpose flour
100 g cold butter, cubed
50 g powdered sugar
1 egg
A pinch of salt
1 tbsp cold water (if needed)

For the Pastry Cream:

500 ml whole milk
4 egg yolks
100 g sugar
40 g cornstarch
1 tsp vanilla extract
1 tsp lemon zest (optional)

For the Fruit Topping:

1 cup strawberries, sliced
1 kiwi, thinly sliced
1/2 cup grapes, halved
1/2 mango, sliced
1/2 cup blueberries

For the Tart Glaze:

3 tbsp apricot or peach jam
2 tbsp water
1 tsp unflavored gelatin (optional for better hold)

DIRECTIONS

1. Prepare the Tart Base: In a large bowl, sift the flour. Add cold butter cubes and rub in with fingertips until crumbly.
2. Add powdered sugar, salt, and egg. Mix until a dough forms. Add water only if needed to bring it together.
3. Shape into a disk, wrap in plastic wrap, and refrigerate for 30 minutes.
4. Preheat oven to 180°C (350°F). Roll out dough and press into a tart pan. Prick base with a fork.
5. Bake with pie weights for 15 minutes, remove weights, and bake an additional 5-7 minutes until golden. Let cool completely.
6. Make the Pastry Cream: In a saucepan, heat milk and lemon zest until just before boiling.
7. In a bowl, whisk egg yolks with sugar until pale. Add cornstarch and mix well.
8. Gradually whisk hot milk into the egg mixture.
9. Return to the saucepan and cook over medium heat, stirring constantly, until thickened.
10. Remove from heat and stir in vanilla extract. Cover with plastic wrap directly on the surface. Chill.
11. Assemble the Tart: Once the tart shell and pastry cream are cool, spread the cream evenly in the shell.
12. Decorate the top with your fresh fruit in a beautiful pattern.
13. Prepare the Tart Glaze: Heat jam and water until melted and smooth. Stir in gelatin if using.
14. Brush gently over the fruit for a glossy finish.

TIPS FOR SUCCESS

Chill the pastry dough before rolling to make it easier to handle.

Strain the pastry cream after cooking if you want it extra smooth.

Use a variety of fruit for color, texture, and natural sweetness.

Apply glaze gently using a pastry brush to avoid disturbing the fruit design.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/fresh-fruit-tart-with-pastry-cream-a-stunning-easy-dessert/>