

Peach puff pastry with pistachio custard |

Recipe for 4 servings

Description

Thin slices of peach placed with a generous layer of apple sauce and topped with english cream flavored with pistachio and vanilla ice cream.

Note

The pistachio nut is preferred because it is rich in nutrients. It offers over 30 vitamins, minerals and phytonutrients different. It is also one of the poorest nuts calorie (3-4 calories per nut), is a negligible source of fat and has the more fiber.

Ingredients

For the pie

- 0.50 Unit(s) Puff pastry
- 4 Unit(s) Peaches in syrup, halved
- 1 Unit(s) Egg

For the pistachio crème anglaise

- 250 Ml Milk
- 2 Unit(s) Egg yolk
- 50 Gr Sugar
- 15 Ml Pistachio paste

For the garnish

- 15 Gr Pistachios

Preparation

- Preparation time **45 mins**
- Preheat your **four** at **400 F°**

General preparation

Drain the peaches and slice them into thin strips.

In a bowl, beat the egg.

Toast the pistachios in the oven for about 3 minutes. Using a knife, chop the pistachios.

Preparation of the tart

Using a cookie cutter, cut out pieces of puff pastry in the size of your choice to make the tartlets. Arrange the peach slices in the center of the puff pastry circles. Brush the edges of the tarts with beaten egg using a pastry brush. Place the tarts on a baking sheet lined with parchment paper and bake them in the oven for about 15-20 minutes. The pastry should be golden brown.

Preparation of the english cream

In a bowl, beat the egg yolks and sugar until the mixture turns pale. In a saucepan, combine the milk and pistachio paste. Bring to a simmer. Pour the hot milk over the egg mixture. Cook over low heat until the cream coats the back of a spoon (82-86°C).

To serve

Serve the thin tart on a plate of your choice. Top it with pistachio custard and chopped pistachios.

Bon appétit!