



CULINARY ARTISTS



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South East
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INTRODUCTION



This book has been compiled by the 4th year students of the BA (Hons) Culinary Arts Students as part of their Media & Visual Arts: Food Promotion, Imagery & Design Module at South East Technological University, and was supported with SATLE Funding.

The BA (Hons) Culinary Arts programme offers students a wealth of opportunities in terms of exploring the many and varied elements to their industry. The media module, which I have the

privilege of working with the students on, is one such example. Undeniably media is such a huge part in the modern culinary and hospitality industry in terms of promotion, inspiration, building a community, cultural exchange, market research, revenue generation and its ability to influence food trends. In a broad reaching module, we look at many of these elements pertaining to the media. Another element of the module allowed students to develop instructional writing techniques, using

a recipe as a medium. Whilst we practiced food styling and photography techniques during class time, this module (And the SATLE funding) also allowed us the opportunity to travel to Dublin and spend a day working with food photographer Harry Weir. This seminar afforded the students the opportunity to develop their skills relating to lighting, food styling, camera angles, and it also taught them how to enhance the visual appeal of food, as well as providing them with a creative outlet to express their artistic vision and experiment with different styles and compositions. It was a most enjoyable seminar/

workshop and I have no doubt that the personal fulfilment and the learning enjoyed will be of tremendous benefit to the students going forward.

Knowledge is intended to be shared, and to this end please find herewith in this e-book, for your culinary delectation, the recipes and accompanying photographs from our graduating class. It has been my pleasure to work with the students on this module and I have no doubt but that their careers will be very successful in the years ahead, and that they will carry the SETU ethos onwards with great pride.

I hope that you enjoy trying out the recipes in the weeks ahead.

Yours,

Edward Hayden

Module Lecturer



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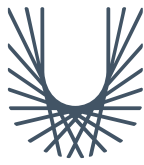
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TABLE OF CONTENTS

STUDENT	DISH	PAGE
James Kirwan	Baba Ganoush	6
Bruno Silva	Salmon Risotto	8
Callum Priest	Lamb Neck Ragu with Tagliatelle	10
Oscar Fitzgerald	Mixed Berry Cheesecake	14
Ben Roche	Custard Tart	16
Sarah Anna	Deconstructed Lemon Meringue	20
Panagiotis Moysakis	Pistachio And Passionfruit/Yuzu Tart	24



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JAMES KIRWAN

BABA GANOUSH

Transport your taste buds to the world of Middle Eastern cuisine with this moreish Baba Ganoush recipe. Baba Ganoush is a dish with deep roots tracing back centuries and perfectly encapsulates the beauty of Middle Eastern flavour. This creamy, smoky dip is a beloved staple of its region, and has evolved into a popular dish among foodies all around the world.

Charred aubergine infused with the warmth of ground cumin and coriander, creates the warming base of this dip. Tahini offers nutty undertones and the addition of lemon juice binds it all together in a perfect symphony of spicy, zesty, smoky and nutty. Let this dip transport you to the spice markets of the Middle East and let the flavours tell stories of tradition and heritage. Celebrate the rich tapestry of Middle Eastern cuisine by sharing this dip with loved ones, or take yourself on a solo journey to culinary exploration.



INGREDIENTS

- 2 aubergines
- 2fnoz/50ml extra virgin olive oil
- ¼ teaspoon ground coriander
- ¼ teaspoon ground cumin
- 1oz/25g tahini
- Juice of ½ lemon
- Parsley, Pomegranate, Mint to Garnish

1. Over a flame or a barbeque, place the aubergines directly on the heat and allow to char. Once the skin has blackened and is visibly burned, turn over on to the other side and complete the charring process again.
2. Allow to cool in a sealed container, this will help the flesh pull away from the skin as it creates steam within the container. (a bowl covered in

cling film will also work)

3. Once cooled, halve the aubergines and scoop out the flesh into a bowl. Discard the skins.
4. In a small sauté pan, heat 1 tablespoon of olive oil over medium heat. Add the ground coriander and cumin and toast for 1-2 minutes until fragrant. Remove from heat and let it cool.
5. Add the toasted spices, tahini, lemon juice, and remaining olive oil to the aubergine flesh. Blend on full power until smooth.
6. Transfer the mixture to a serving bowl. Drizzle with a little extra olive oil and sprinkle with chopped parsley or coriander, pomegranate, and mint.



SERVING SUGGESTIONS

- Create a vibrant mezze platter by serving Baba Ganoush alongside other Middle Eastern dips like hummus, tabbouleh, and muhammara. Add some olives, pickled vegetables, and warm pita bread to complete the spread.
- Use Baba Ganoush as a flavourful spread in sandwiches or wraps. Pair it with grilled vegetables, falafel, or sliced roasted chicken for a satisfying meal.
- Serve Baba Ganoush as a side dish to complement grilled meats or fish. It adds a burst of flavour and creamy texture to dishes like kebabs, lamb chops, or grilled salmon.
- Enjoy Baba Ganoush as a healthy snack or appetizer. Serve it with crunchy crudité such as carrot sticks, cucumber slices, bell pepper strips, and cherry tomatoes for a colourful and nutritious option.
- For a casual gathering or picnic, pack Baba Ganoush in small containers along with some breadsticks, crackers, or pita chips for dipping. It's a convenient and delicious option for outdoor dining.

BRUNO SILVA

SALMON RISOTTO

Indulge in the culinary delight of tender salmon combined with creamy Arborio rice in this exquisite Salmon Risotto recipe. Bursting with flavour, it promises to tantalize your taste buds with each savoury mouthful.

Serves 4

Preparation time: 45 mins



INGREDIENTS

- 1 ¾ pint/1000ml fish stock
 - 14oz/400g arborio rice
 - Olive/rapeseed oil
 - 1 onion, chopped
 - 1 garlic clove, chopped
 - 1 bay leaf
 - 1 chilli pepper
 - A handful of coriander
 - 3 ½ floz/100ml dry white wine
 - 1lb 2oz/500g fresh salmon fillets with skin
 - 1oz/25g capers
 - 1 lime, juiced and zested
 - 1oz/30g butter
 - 2oz/50g parmagiano, grated
 - Salt and pepper
1. Heat a medium sized pan with a little oil. Season the salmon with some salt and pepper, pan fry until golden brown and gently cooked. (approx. 8-10 minutes-depending on the thickness of the fish)

2. Afterward start to shred the salmon into strips and cut the skin into squares. Set aside until required.
3. In a sauce pan, heat up some olive oil, add the onion, garlic, bay leaf, chopped chilli pepper and cook gently for a moment or two. Next add the rice and sauté gently (And without colour) Add the wine next and cook until the alcohol evaporates.
4. Little by little start adding the stock, ladle at a time-adding the next ladleful only when the previous one has been absorbed. Cook until most of the liquid is absorbed.
5. At this stage and to finish off the risotto add the butter followed by the cheese, and then mix in the lemon zest and juice. To serve, divide the risotto between your serving bowls, topping each one with some of the flaked salmon, capers, fresh coriander and lime wedges.

**SERVING SUGGESTIONS:**

You can add some sundried tomatoes for extra colour and tanginess.

Suggested Recipe modifications:

Instead of the capes, chopped green olives are a good replacement. This dish can be done with other fish.

Storage:

This dish has to be consumed on the day. The risotto rice can be partially cooked and stored in the fridge or freezer, and regenerated/fished when required. It can be finished by adding the butter and cheese on the next time cooking.

Additional Notes:

Fish stock can be made by simmering some fish bones/skin with water, lemon wedges, some vegetables and herbs for up to 30 minutes, after which you can strain off the aromatics and retain the liquid as a mild flavourful fish stock.



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CALLUM PRIEST

LAMB NECK RAGU WITH SPAGHETTI

A beautifully rich and flavourful dish using Italian methods and Irish Spring Lamb. This rustic dish will go down a treat for small dinner party among friends at the end of a long week. While simple the dish is sure to impress with flavour being found in every element. The rich ragu will be lifted by the lightness of fresh cherry tomatoes and basil, allowing room for dessert afterwards

Preparation: 15 minutes

Cooking Time: 1 hour 30 minutes

Serving: 10 minutes



FOR RAGU

1lb 5oz/600g lamb neck
2 onions
2 carrots
2 bulb garlic
4 tomatoes
2 shallots
1 pint/600ml red wine
4 sprigs rosemary
6 sprigs thyme
3fl oz/100ml sunflower oil
2oz/50g butter
4oz/100g tomato paste
Salt and pepper

FOR FINISHING

10oz/300g tagliatelle/spaghetti
Fresh basil
Cherry tomatoes
2oz/50g parmesan

EQUIPMENT

1 pressure cooker or larger oven safe pot
1 deep pan
1 ladle
1 tongs
1 sauce pan
1 grater





METHOD

- Begin by slicing the lamb neck into 1-inch chunks, this will allow for a quicker cooking time, while also adding flavor due to more surface area to caramelize. Leave to the side and begin to cut vegetables.
- Cut onions, shallots and garlic in half, slice carrots lengthways and then into 2-inch chunks. Heat a heavy pan and pour in a tablespoon of oil.
- Add lamb to the pan, allow to heavily caramelize, building flavour. Once a crust is formed, turn and repeat process, remove and place to the side. Add the vegetables to the pan, making sure the sliced side is facing down, allow for further caramelization and remove.
- Deglaze the pan with 7fnoz/200ml of red wine, adding 50g of butter also. Remove pan from heat and carefully pour liquid into the pressure cooker or pot. Add caramelized vegetables and lamb to the pot and heat gently. Add 4oz/100g of tomato place, rosemary and thyme, add the rest of the red wine, along with 2 pints/1200ml of cold water. Season with salt and pepper, place lid on, cook on a medium heat until tender.
- Strain liquid into a large pot when tender, pick through mixture with a spoon and remove all meat, discard the vegetables, the mixture will be hot so allow to cool slightly.
- Begin to reduce stock over a medium to high heat, pull apart or slice the lamb into small pieces. Heat a large pot of water for pasta and season heavily with salt.
- Once the stock is reduced to a rich and thick consistency, begin to cook pasta, slice cherry tomatoes in half and place to the side.
- Once pasta is al dente, remove and strain, holding onto 3fnoz/ 100ml of the cooking water, add this to the reduced sauce (if required), along with lamb and tomatoes, once all pasta is coated remove and place into a warm bowl. Add full leaves of basil and grate parmesan over. Serve and enjoy.

SERVING SUGGESTIONS

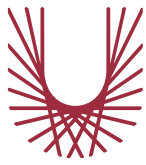
Serve straight away to prevent pasta from overcooking.

Serve with a glass of Montepulciano d'Abruzzo, an Italian red wine that pairs wonderfully with a rich ragu.

TOP TIPS

Adding a small amount of chilli flakes or fresh chili will bring in new flavours and a small warmth to the dish.

Caution is needed when using a pressure cooker, once removed from heat, allow to cool in a bath of cold water for 10 minutes or until all steam has been released, this will prevent built up pressure from being released all at once



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OSCAR FITZGERALD

MIXED BERRY CHEESECAKE

This is a simple recipe for a delicious cheesecake which all the family can enjoy! Feel free to vary the flavour as best suits yourself.

CRUMBLE BASE

14oz/400g plain flour
5oz/150g butter
5oz/150g sugar

JELLY

8floz/225ml mixed berry puree
2oz/50g sugar
4 gelatine leaves

FILLING

10oz/300g cream cheese
9floz/250ml cream (lightly
whipped)
2oz/50g icing sugar
14oz/400g mixed berries –
fresh or frozen



METHOD

- Prepare a crumble mix by adding flour, 100g of the butter & sugar in a mixer or food processor and mix until a breadcrumb texture has formed. Place this mixture onto a large baking tray, lined with parchment paper and bake at 170°C for 15 minutes until a golden-brown colour has formed, mixing the crumb every 5 minutes to ensure even cooking for the crumble. Leave the mix to cool slightly
- Melt the reserved butter and add this to crumble mix until thoroughly combined.
- Place the mix in the bottom of a spring form tin, compress the crumb with a spatula or potato masher to ensure it is secured. Leave the crumble to chill in the fridge until needed
- Begin making the cheesecake filling by mixing cream cheese and icing sugar together
- Add fruit puree to the mixture- Reserve 250g of puree for jelly

- Add the cream to the mix and mix until thick and combined
- Pour the cheesecake filling on top of the prepared crumble base.
- Leave to set in the fridge for 5-6 hours or overnight if you have time
- To prepare the jelly, heat the remaining puree with sugar in a small saucepan on a medium heat
- Place gelatine leaves in cold water and leave for 5 minutes to bloom (soften)
- Strain off the water and then whisk the bloomed/softened gelatine leaves to the heated puree.
- Allow this to cool for a few minutes and then carefully pour the jelly over the set cheesecake
- Leave to set for a further 30 minutes – 1 hour

GARNISH

- Garnish the top of the cheesecake with selection of blueberries, blackberries and raspberries.



TIPS

- If your using frozen berries: Prepare a berry compote by adding berries with 2 tbsp of caster sugar in a small saucepan on a medium-high heat until the berries are soft.
- If your using fresh fruit: Blitz the berries in a food processor to form a puree. Pass puree through fine strainer for a smooth puree

BEN ROCHE

CUSTARD TART

This next level custard tart recipe is sure to intrigue and tantalise the tastebuds. With this easy-to-follow recipe, learn how to make a delicious custard tart that will be sure to delight your guests. Take a look at our 'Top tips!' section to find out ways to elevate this recipe even further, and to see some brilliant serving suggestions. Enjoy!



INGREDIENTS AND METHOD (PASTRY):

- 5oz/150g cold butter-cut into cubes
- 7oz/200g plain flour
- 2oz/50g icing sugar
- Pinch of salt
- Zest of half a lemon
- 1 egg yolk
- 1 tbsp of cold water

1. Combine the flour, icing sugar and salt in a bowl and gently rub in the butter until crumbly in texture.
2. Add the egg yolk and water and bring the mixture together to form a dough, being careful not to overwork it!
3. Form the dough into a disc shape, wrap with cling film and refrigerate for at least thirty minutes (this allows the gluten in the dough time to relax which prevents the pastry shrinking when it is cooked).
4. Once the pastry has been chilled, roll it out to a thickness of 5mm. Use this pastry to perfectly line a well greased 9inch/23cm loose bottomed flan ring. Chill for 10 minutes in a freezer.
5. Trim the excess pastry and then line the tart with parchment paper. Blind bake the tart by adding baking beans or uncooked rice on top of the parchment lined tartlet and bake on a tray lined with a silicone mat or parchment paper in a preheated oven at 180C/160C fan/gas mark 4, for 15 minutes.
6. Remove the parchment and baking beans/rice and bake for a further 5-10 minutes until the pastry is 'biscuity' texture. Remove from the oven and set aside until the custard is ready.
7. Turn the temperature of the oven down to 140C/120C fan/gas mark 1.



INGREDIENTS AND METHOD (Custard Filling):

- 1 pint/600ml cream
- 4oz/110g caster sugar
- 8 egg yolks
- ¼ tsp vanilla extract
- ½ a nutmeg freshly grated

While the pastry is resting/baking, gently bring the cream to a boil.

Beat the caster sugar, egg yolks and vanilla extract together using a whisk.

To make the custard mix, temper the egg mixture by slowly pouring the cream into the egg mixture, whisking constantly.

Pass the custard through a fine mesh sieve into a jug and skim off any bubbles from the top.

Place the tart shell and baking tray back into the oven and carefully pour in the custard mix to the top of the tart shell and grate half a nutmeg over the top of the tart.

Push the tart in the rest of the way, then bake at 140C/120C fan/gas mark 1 for approximately 40 minutes, or until the tart is just set, with a slight wobble in the centre.

Allow the tart to cool in the tin completely before serving as this will allow the custard to set. Sprinkle the tart with caster sugar and caramelize using a blow torch and serve with freshly whipped cream, seasonal berries and enjoy.

SUGGESTED RECIPE MODIFICATIONS

- To add an extra depth of flavour to this recipe, try making the pastry using brown butter
- Add a tablespoon of fruit puree, such as strawberry puree to the custard mix to bring a refreshing, fruity flavour to this dish.
- Use a mixture of half caster sugar and half muscovado sugar as opposed to all caster sugar. The muscovado sugar will bring a deeper flavour and a deeper, warmer colour to the finished tart.

SERVING SUGGESTIONS

- Serve this custard tart with freshly whipped Chantilly cream.
- Dust the tart with caster sugar and caramelize with a blowtorch before serving, to add an extra crunch!
- Make a fruit compote to accompany the tart, this will add a freshness to the dish.



SARAH ANNA

DECONSTRUCTED LEMON MERINGUE PIE

This is a recipe for my plated desserts style lemon meringue. I've thought of doing this dessert as it is such a simple dessert that can look so classy and elegant. It's not complicated whatsoever meaning anybody can attempt to make it, just a little time consuming. Let's begin the recipe, Good Luck!!

To start the recipe we will make the meringue,

Serves 6

Preparation time: 45 mins



FRENCH MERINGUE:

- 5oz/150g caster sugar
- 3 large egg whites
- ½ teaspoon yellow food colouring

METHOD:

1. Preheat the oven to 100°C and line a baking sheet with parchment paper.
2. In a clean, dry bowl, whisk the egg whites until foamy.
3. Add the sugar, continuing to whisk until stiff, glossy peaks form. Add in yellow food colouring and whisk until incorporated
4. Pipe the meringue in a circle onto the prepared baking sheet (you can pipe them in individual portions (6) in your desired shape-so have fun with it!)
5. Bake for about 1-1.5 hours, until the meringues are dry to touch. Turn off the oven and let them cool (in the oven) for 3 hours to fully dry out.



WHITE CHOCOLATE CRUMBLE:

- 3 ½ oz/100g white chocolate
- 7oz/200g sugar
- 3 tablespoons water
- 1 vanilla pod-split lengthways
- Mint leaves

METHOD

1. Add the white chocolate to a bowl and melt it, over a saucepan of simmering water.
2. Meanwhile mix the sugar with the water, and add the vanilla pods (having scraped out the seeds).
3. Heat the sugar syrup to 135C
4. Once the chocolate has melted and the syrup has reached temperature. Carefully pour the hot sugar over top the chocolate and mix
5. DO NOT be afraid that the chocolate is grainy, that's what we want. You have the crumble as chunky or as fine as you please, for this dessert I had a mix of both.
6. Once the crumb has cooled, add in chopped mint leaves.
7. Set aside until ready to use.

Next we make the lemon curd:

LEMON CURD:

- 5oz/150g unsalted butter
- 7oz/200g caster sugar
- 3 large eggs
- 3 large egg yolks
- Zest of 3 lemons
- Juice of 3 lemons (about 150ml)

METHOD:

1. In a heatproof bowl, whisk together the eggs, egg yolks, sugar, lemon zest, and lemon juice.
2. Place the bowl over a saucepan of simmering water (make sure the bottom of the bowl doesn't touch the water) and whisk constantly until the mixture thickens and coats the back of a spoon, about 10-15 minutes.
3. Remove from heat and whisk in the butter, a few cubes at a time, until smooth.

4. Strain the curd through a fine mesh sieve into a clean bowl to remove any lumps or zest.
5. Cover with plastic wrap, pressing it directly onto the surface of the curd to prevent a skin from forming. Chill in the refrigerator until assembly.

Then the Italian meringue used as a garnish so whip it just before plating,

ITALIAN MERINGUE:

- 5oz/150g caster sugar
- 3fLoz/75ml water
- 3 large egg whites

METHOD

1. In a small saucepan, combine the sugar and water. Heat over medium-high heat, stirring until the sugar dissolves.
2. Continue to cook, without stirring, until the syrup reaches 120°C on a thermometer.
3. While the syrup is cooking, start whisking the egg whites in a clean, dry bowl until soft peaks form.
4. Once the syrup reaches 120°C, carefully pour it into the egg whites in a slow, steady stream, while continuing to whisk at medium speed.
5. Continue whisking until the meringue is glossy and holds stiff peaks, and the bowl is cool to the touch.

To assemble the dessert, place some of the crumble on the base of the plate and then turn the meringue upside down with the flat side being face up. Pipe the Italian meringue in odd numbers but don't fill the surface. Blow torch it slightly for colour. Add whipped cream and make little dents in them to place the curd. Continue this until the surface is full.

Using your creative skills fill in little gaps with more curd, cream or meringue (only torch once so the other components don't melt!!). Garnish with lemon zest, mint leaves, dill leaves, cut raspberries, small lemon segments.



PANAGIOTIS MOYSAKIS

PISTACHIO & PASSIONFRUIT/ YUZU TART

Pistachio Sable, Passionfruit/Yuzu Curd, Pistachio Whipped Ganache

A simple and yet delicious tart that combines the sharpness and aromas of the yuzu fruit with the richness and nuttiness of the pistachio nut.



WHIPPED PISTACHIO GANACHE

- 3 ½ oz/100 g white chocolate, melted
- 3 ½ oz/100 ml double cream (A)
- 7 oz/200 ml double cream (B) cold
- 1 teaspoon of honey
- 1oz/ 25 g pistachio butter
- ½ silver gelatine sheet

METHOD

Hydrate the gelatine sheet in a jug of cold water for 5 minutes. Strain the excess water off and set aside. Pour the cream (A) and honey in a saucepan. Bring to a boil and remove from the heat. Add the gelatine sheet and give it a quick stir to dissolve the gelatine. Pass through a sieve and pour over the melted chocolate. Add in the pistachio butter and blitz well with a hand blender to emulsify the mixture. Pour in the cold cream and blitz again until the cream is homogeneous. Pass through a sieve and onto a dish. Cool down, cover with cling film and refrigerate overnight. The following day, and once all the other

components of the tart are ready, place the ganache into the bowl of a stand mixer fitter with the whisk attachment and whisk until it forms soft peaks. Be careful not to over mix it as that will cause the ganache to split. Put the ganache in a piping bag and pipe to decorate the tart.

SABLE TART

- 3 ½ oz/ 100g butter, diced and cold
- 6oz/175g plain flour, sifted
- 2oz/50 g icing sugar, sifted
- 1oz/25 g finely ground pistachios
- 1oz/25g lightly beaten egg
- ½ vanilla pod seeds

METHOD

Place all the ingredients except the beaten egg into the mixing bowl of a stand mixer fitted with the paddle attachment (beater) Mix on low speed for 2 minutes. Increase to medium speed for 2 minutes. Turn up the speed and mix until the mixture



resembles wet sand and there are no lumps of butter left in the mixture. Add the beaten egg and continue beating until the dough starts to come out of the sides of the dough. Be careful not to over mix as that would develop too much gluten and the tart will become tough. Place the dough between two parchment sheets and roll out to a 2 mm thickness. That's about the thickness of a 2-euro coin. Refrigerate for a minimum of two hours. Grease a tart ring with a bit of butter. Line the ring with the dough and prick the bottom of the tart with a fork. Place a piece of parchment paper on top ensuring there is enough parchment paper overlapping. Place a cup of flour onto the parchment paper and spread even so that the weight of the flour is evenly distributed on the bottom of the tart. Bake in a preheated oven at 180 C for 10 minutes. Remove the flour and parchment paper and continue baking for a further 10 minutes or until the dough is slightly brown but not burned. Allow the tart to cool down on a wire rack before removing from the tart ring.

PASSIONFRUIT/YUZU CURD

- 3 ½ floz/100 ml passionfruit puree
- 1 floz/ 30ml yuzu juice
- 4oz/110g caster sugar
- 4 eggs
- 1 egg yolk
- 6oz/175 g butter, diced and at room temperature
- 1 silver gelatin sheet

METHOD

Hydrate the gelatine in a jug of cold water for 5 minutes. Strain the excess water off the gelatine and set aside. Add the eggs, egg yolk and sugar to a mixing bowl. Whisk to dissolve the sugar. Pour the yuzu juice and passionfruit puree in a saucepan and bring to a boil. Slowly pour over the eggs whisking continuously so that the eggs don't scramble. Return everything into the saucepan and cook on low heat to 82 C. Remove the saucepan from the heat and add in the gelatine sheet. Give it a quick stir and pass through a sieve and into a jug. Cover the surface of the curd with cling film so that it doesn't form a skin. Cool down to 40 C and add in the diced butter. Blend well with a hand blender until the butter is completely mixed into the curd everything has come together nicely.

TO FINISH

Place the pistachio crumble in the empty tart shell and pour in the passionfruit/yuzu curd. Fill to the brim while removing any excess curd from the sides of the tart. Refrigerate for 1-2 hours or until the curd has set. Pipe the pistachio ganache on top of the curd to decorate and serve.

Toppings:

Toasted pistachios, lemon verbena leaves, lime zest

SERVING SUGGESTIONS:

This tart goes well with vanilla or lemon ice cream.

TIPS/MODIFICATIONS

- It is advisable to prepare some of the components the day before as they require a lot of resting time. It will also make the entire process easier and more enjoyable.
- You can double the sable recipe and wrap the excess dough with cling film. It freezes well and it can last for up to three months in the freezer.
- The yuzu juice can be substituted for lemon or lime juice.





