

Tony Singh x Cù Bòcan Creation #4
Damson Jam and Iranian Pistachio Tart
With vanilla ice cream and cinnamon custard

Pistachio Tart

- 200g plain flour, plus extra for dusting
- 2 tbsp. icing sugar
- 100g unsalted butter, chilled and diced
- 1 large free-range egg, beaten

For the filling

- 200g unsalted butter, at room temperature
- 200g caster sugar
- 3 large free-range eggs, at room temperature, beaten
- 200g ground Pistachios
- Grated zest of 1 lime
- 4 tbsp. Damson jam
- 2 tbsp. Peeled Pistachios

Method

- Sift the flour, icing sugar and a pinch of salt into a large bowl. Using your fingertips, rub in the butter until it forms fine crumbs. Add the beaten eggs and milk and lightly bring together to form a firm dough, taking care not to handle it any more than necessary. Shape into a disc (which will be easier to roll out later), then chill, wrapped in cling film, for 30 minutes.
- Preheat the oven to 180°C/fan160°C/gas 4. Roll the pastry out on a lightly floured surface to the thickness of a pound coin. Use to line a 23cm fluted, loose-bottomed tart tin. Try not to stretch the pastry when tucking it into the edges. Trim the excess. Chill for 30 minutes.
- Line the pastry case with baking paper and fill with baking beans or rice. Place on the pre-heated baking sheet and blind-bake for 15 minutes, then remove the beans/rice and paper. Cook for a further 5 minutes until pale golden and dry on top.

- **Make the filling. Beat the butter and sugar together until pale and fluffy. Beat in the eggs a little at a time, then fold in the ground Pistachios and lemon zest.**
- **Spread the jam that is mixed with the lime zest evenly across the base of the pastry case, then spoon over the sponge mixture, levelling the surface with the back of the spoon.**
- **Scatter over the Pistachios and bake for 35-40 minutes until golden, well risen and just set in the centre. Leave to cool in the tin for 5 minutes, then lift onto a wire rack and leave to cool completely.**

Custard

Ingredients

- **200ml full-fat milk**
- **20ml double cream**
- **2 x Cinnamon sticks (broken)**
- **6 medium yolks**
- **50g Golden caster sugar**

Method

- **Heat the milk, cream and cinnamon sticks until just below boiling point. Take off the heat and infuse for 20min. Strain the mixture through a fine sieve.**
- **Mix the yolks and sugar together in a bowl, then gradually stir the cream mixture into the yolks. Pour into a clean pan and heat gently for 3-5min, stirring constantly with a wooden spoon until it thickens to the consistency of double cream - don't let the custard boil.**
- **Strain the custard into a jug and serve warm or at room temperature with the Tart.**