

Torta o Crostata di Frutta/Pie or Fruit Tart

Ingredienti

- *Pasta frolla*
- *Crema pasticcera*/pastry cream (See recipe below.)
- *La tua frutta preferita* (your favorite fruit, e.g. berries, grapes, mandarines, kiwi, banana)

We used:

- *Una banana*
- *Due kiwi*
- *More/blackberries*
- *Fragole/strawberries*
- *Uva/grapes*

Other common berries: *lamponi/raspberries*, *mirtilli/blueberries*, *ribes/red currants*.

Procedimento

Riscalda il forno a 180 C (warm up the oven at 350 F)

1. Prepare a batch of *pasta frolla*.
2. Cut a piece of *carta da forno/parchment* paper the size of your pie pan.
3. Flatten the *pasta frolla* on a flat surface dusted with flour and transfer it into the pie pan. Use your hands to press the dough into the mold (it should be about 0.5 cm = 1/5" thick) and trim the excess dough.
4. Prick the dough *con una forchetta/with a fork*.
5. Bake for 40 minutes or until golden brown. Once it is ready, let it cool down.
6. In the meantime prepare a batch of *crema pasticcera* and let it cool down.
7. Spread the *crema pasticcera* evenly.
8. Decorate with the fruit (washed and cut).
- 9.

Commenti e varianti/Comments and variations:

When the pie crust is ready, you can spread a thin layer of melted dark chocolate and let it cool before you spread the *crema pasticcera*.

If you prepare it in advance, you may want to mix the cut fruit with lemon juice, so it does not blacken, and top the *torta* with unflavored gelatin.

La Crema Pasticcera/Pastry Cream

Ingredienti (*per due torte di frutta di circa 25 cm di diametro*)

- 3 tuorli d'uovo a temperatura ambiente (yolks at room temperature)
- 50 g (5 tbs) di farina (flour)
- 50 g (about 3.5 tbs) di zucchero (sugar)

- 1 pizzico/goccio di vaniglia (vanilla, or you can use grated lemon zest)
- 500 g = mezzo litro di latte (half a liter of milk, about 1 pint)

Procedimento:

- In a *pentola* (pot) combine the egg yolks and sugar, then add the flour
- Heat the milk with a drop of vanilla
- When the milk is hot, but not boiling add it gradually to the egg and sugar mixture. Keep mixing with a spatula. Try to avoid the formation of lumps
- Using a whisk (or an electric mixer on low) continue to mix over medium heat until it thickens (it should take a few minutes). Try to avoid the formation of lumps
- Dust the surface with sugar and cover with plastic wrap to prevent it from forming a skin while it cools down

Commenti e varianti:

- You can eat it as is, or place it in nice little bowls with some fresh berries
- *Attenzione* (watch out) *a non fare impazzire la crema* (lit. not to make the cream crazy): if you use cold eggs or milk, let the cream cook too long, mix changing direction, then the cream will not reach the desired smooth consistency and density
- Once the pastry cream is ready and still warm, you can add cocoa powder or melted dark chocolate to it...
- you can make a nice quick dessert with puff pastry filled with pastry cream (bake the puff pastry in the shape of a tart or in small squares/circle and when it has cooled down add the cream to make a fruit tart or some sort of small puffs)
- I will post the recipe for *la torta di frutta* tomorrow

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