

## BAKED MOLTEN CHEESE TART (12 PCS)

### THE FILLING

Cream cheese 150g, Mascarpone cheese 125g, Cream 50g, Milk 20ml, Vanilla essence 1/4 tsp, Yoghurt 70g, Sugar 40g, Corn starch 10g, Egg white 1pc

### TART PASTRY

Icing sugar 30g, Plain flour 250g, Salt 1/4 tsp, Unsalted butter (softened) 150g, Egg yolk 2pcs, Vanilla essence 1/2 tsp, Cold water 1tsp

### CHEESE TART FINISH


Egg yolk, beaten 1 pc

#### Method:

##### Cheese Filling

1. Place the cream cheese, mascarpone cheese, cream and milk in a mixing bowl. Set the bowl over a saucepan with some water over low heat. Use a hand whisk to whisk gently until the mixture is melted and combined.
2. Add the vanilla essence, yoghurt, sugar and corn starch into the mixture. Stir to combine.
3. Add the egg white into the mixture and continue to stir it over the simmering water to cook until the mixture becomes smooth.
4. Transfer the filling into a piping bag and chill in the fridge for at least 45 minutes until cold.

##### Tart Pastry

1. Measure sifted icing sugar and plain flour into a mixing bowl. Add salt and mix well.
  2. Add the unsalted butter and rub in the butter with your fingertips.
  3. Add the egg yolk and vanilla essence, combine well with your hands. Sprinkle the cold water onto the mixture, it helps firming up the butter. Mix the dough with your fingers or scraper until a dough is formed, and knead the dough slightly in the bowl until smooth.
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#### Method:

4. Transfer the dough on to a parchment paper and cover with another one on top. Roll the dough out with a rolling pin to 4-5 mm thick. Refrigerate the rolled pastry for 30 minutes until firm.
  5. Remove the pastry from the fridge and allow it to soften a little bit. Use a cookie cutter to cut out 12 circles slightly bigger than the rim of the tart mold. Place each pastry on the tart mold gently and line it evenly with your fingers. Dock the base of the tarts with a fork.
  6. After lining all the tart molds, refrigerate the tart molds for 15 minutes to firm up.
  7. Preheat a Miele oven to 180°C using “Fan Plus” function.
  8. Remove the tart molds from fridge and place them onto a baking tray. Place the tray into the preheated oven. Bake the tart pastry at 180°C using “Fan Plus” function for 18 minutes until golden brown.
  9. Remove the tart pastry from the oven. Preheat the oven with a higher temperature to 220°C using “Fan Plus” function.
  10. Remove the cheese filling from the fridge. Cut the tip of piping bag and fill the tart pastry until just full. Brush the tops of the tarts with the beaten egg yolk.
  11. Place the filled tarts into a preheated oven and bake at 220°C using “Fan Plus” function for 10 minutes.
  12. Remove the tarts from the oven. Serve warm.
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## 焗流心芝士撻 (12個)

### 芝士餡料

忌廉芝士 150 克, 意大利軟芝士 125 克, 淡忌廉 50 克, 鮮奶 20 毫升, 雲呢拿香油 1/4 茶匙, 乳酪 70 克, 糖 40 克, 粟粉 10 克, 蛋白 1 隻

### 撻皮

糖霜 30 克, 中筋麵粉 250 克, 鹽 1/4 茶匙, 無鹽牛油 (軟身) 150 克, 蛋黃 2 隻, 雲呢拿香油 1/2 茶匙, 冰水 1 茶匙

### 芝士撻表面

蛋黃漿(已發打) 1 隻



#### 方法:

##### 芝士餡料

1. 將忌廉芝士、意大利軟芝士、忌廉及鮮奶放進大碗內。將大碗放上已裝清水的平底鍋上, 以慢火煮熟平底鍋。用手動打蛋器將混合物輕輕攪拌, 直至混合物融化拌勻。
2. 將雲呢拿香油、乳酪、糖及粟粉放入混合物, 拌勻。
3. 將蛋白加入混合物, 並繼續將混合物放在熱水上煮, 一直攪拌直至混合物平滑。
4. 將餡料倒入啣袋中, 並置冰箱內最少45分鐘直至冰凍。

##### 撻皮

1. 將已過篩的糖霜及中筋麵粉量好置大碗內。加入鹽然後拌勻。
2. 加入無鹽牛油, 用手指將牛油及混合物拌勻。
3. 加入蛋黃及雲呢拿香油, 並用手拌勻。在混合物上灑上冰水, 令牛油挺身。用手指或麵糰刮刀攪拌直至形成麵糰。在碗中輕揉麵糰直至平滑。





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### 芝士撻表面

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4. 將麵糰轉移到牛油紙上, 用另一張牛油紙覆蓋著。用麵糰棍將麵糰推平至4-5毫米厚。將已推平的麵糰放入冰箱冷藏30分鐘直至麵糰變硬。
  5. 從冰箱取出撻皮麵糰, 並置旁待稍微變軟。用曲奇餅模切出12個圓形, 比撻模的邊緣略大。將每塊撻皮輕輕放入撻模內, 用手指平均地入模。用叉在撻皮的底部刺上小孔。
  6. 當所有撻模已經完成入模, 將撻模放進冰箱內冷藏15分鐘以定型。
  7. 用「風扇加強」模式預熱Miele焗爐至攝氏180度。
  8. 從冰箱取出撻模, 並置焗盤內。將焗盤放入已預熱的焗爐, 用「風扇加強」模式以攝氏180度焗18分鐘至表面呈金黃色。
  9. 從焗爐取出撻皮。調較焗爐溫度並用「風扇加強」模式預熱至攝氏220度。
  10. 從冰箱取出芝士餡料, 先將唧袋咀剪開一小孔, 將芝士餡料唧入撻皮內直至剛滿。在芝士撻的表面掃上已發打的蛋黃漿。
  11. 將已唧好餡料的芝士撻置焗盤內, 將焗盤放入焗爐內, 用「風扇加強」模式攝氏220度焗10分鐘。
  12. 從焗爐取出芝士撻, 待暖享用。