

Valentine's Chocolate and Coconut Heart Shaped Tart Recipe

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Prep. time : 30 minutes

Cook time : 12 minutes

Ready in 42 minutes plus cooling

Level : Advanced

Ingredients:

Shortcrust Pastry:

- All purpose flour 200g (7oz)
- Almond flour 20g (0.7oz)
- Powdered sugar 50g (1.8oz)
- Butter 125g (4.4oz)
- Vanilla powder
- Egg yolks 30g (1oz - or 2 small egg yolks)
- Red and pink gel food coloring as needed

Dark Chocolate Ganache:

- Chocolate (60% cocoa solids) 100g (3.5oz)
- Cream 100g (3.5oz)

White Chocolate and Coconut Ganache:

- Gelatin leaves (platinum grade) 3g (1.5 leaves)
- White chocolate 180g (6.3oz)
- Unsweetened shredded coconut 15g (0.5oz)
- Cream 150g (5.3oz)
- Fresh red roses and strawberries for decoration

Directions

1. To make shortcrust pastry put sifted flour, almond flour, vanilla powder and powdered sugar into a bowl and add cold butter cut in cubes. Rub the dry ingredients into the butter using your fingertips. When you get a crumbly mixture, add egg yolks and make a dough. Add some red and pink food gel coloring and knead it into the dough. Wrap it in plastic foil and put in the fridge for about 15 minutes.
2. Divide the pastry in two equal parts. Roll out the first part between two sheets of parchment paper to 3mm (1/8") thickness and put it in the freezer for about 15-20 minutes.
3. Trace the heart shaped hollow tart mold onto another piece of parchment paper. Put the remaining pastry onto the paper and cover it with another sheet of parchment paper. Roll out the pastry to 3mm (1/8") thickness and put it in the freezer for about 15-20 minutes.
4. Peel off the paper from the first pastry and cut out two strips - about 4cm (1.5") wide and 33cm (13") long.
5. Make heart shaped cardboard template, by tracing the tart mold and then trimming the cardboard until you make a template that is about 5mm (about 1/4") smaller than your heart shaped tart mold.
6. Peel off the parchment paper from the second part of the pastry and place your cardboard template onto it. Cut the pastry using a small knife.
7. Put the tart mold onto a perforated silicone mat, and first line the sides of the tart with pastry strips. Remove the excess pastry and gently press it into the sides of the mold. Then, insert the heart into the mold and smooth the interior with your fingers.
8. Remove the excess pastry from the sides of the tart using a small knife, and then put everything in the fridge for about 20 minutes. Bake the tart at 170°C (340°F) for about 12 minutes. Take it out and leave it to cool down.
9. To make dark chocolate ganache pour hot cream over dark chocolate. Leave this mixture for about one minute until the hot cream melts the chocolate, and then stir well to combine.

10. Pour dark chocolate ganache into the cooled tart shell immediately. Gently shake the tart to distribute the ganache evenly, and then put it in the fridge to set.
11. To make white chocolate and coconut ganache soak gelatin in cold water. As soon as the gelatin softens, take it out and squeeze to get rid of the excess water.
12. Put whipping cream into a bowl, add unsweetened shredded coconut and stir well with a whisk. Heat up this mixture in the microwave, cover it with cling film, and leave it on the counter for about 15 minutes to infuse. Then, run it through a sieve.
13. Weigh the cream, because you will need only 115g (4oz) to make the ganache. Reheat the cream in the microwave, add soaked and strained gelatin into the hot cream, and stir until it melts.
14. Melt white chocolate in the microwave on low heat, and add the cream and gelatin mixture. Stir with a whisk until the mixture becomes uniform. Then pour the ganache into the tart. Puncture the air bubbles using a wooden skewer.
15. Put the tart in the fridge for about an hour, until it sets.
16. Decorate your heart shaped tart with some fresh roses and strawberries.
17. Happy Valentine's Day everybody!