



SEASONAL STRAWBERRY TART WITH LIME GRANITA

Courtesy recipe by Chef Holger Deh from Essentia by Holger Deh

METHOD

- 01 Prepare the lime granita. In a pot, boil sugar and water. Let it cool completely, then add in lime juice and zest. Mix well.
- 02 Place the mixture in a container with lid. Let it set in the freezer.
- 03 Prepare the sugar dough. Mix all the sugar dough ingredients in a mixer with a paddle attachment.
- 04 Take out the dough and let it cool down for at least 2 hours, better overnight.
- 05 Roll the dough and shape it into a tart shell, then let it set aside for a while.
- 06 Put the tart into the Miele Oven and bake at 160°C with “Conventional Heat” function for 12-15 minutes. Take out the tart and let cool. Set aside.
- 07 Prepare the Oat Milk Sponge. Combine flour, brown sugar and baking powder and mix well. Then add in oat milk, water and vegetable oil and continue to mix by a mixer or by a hand blender.
- 08 Pour the mixture onto a baking tray. Then, put it in the Miele Oven and bake at 160°C with “Conventional Heat” function for 8-10 minutes. Let cool and set aside.
- 09 Prepare the strawberry gel. In a pot, add in strawberry puree, brown sugar and agar then bring it to boil. Leave it rest at room temperature for 30 minutes.
- 10 Place the strawberry gel in the fridge until it is set. Blend it with a blender and drain it before use then set aside.
- 11 Take out the frozen lime granita from the freezer. Then break it with a fork.
- 12 Assemble the strawberry tart. Fill the tart base with a thin layer of strawberry gel then place the oat milk sponge. Next, pour another layer of strawberry gel on top and garnish with strawberries, lime zest with the lime granita.
- 13 Ready to serve.

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INGREDIENTS

Sugar Dough

Pastry Flour	150 g
Almond Powder	30 g
Brown Sugar	30 g
Vegan Butter	90 g
Oat Milk	20 g
Salt	1 pinch

Oat Milk Sponge

Flour T45	400 g
Brown Sugar	190 g
Baking Powder	20 g
Oat Milk	250 g
Water	250 g
Vegetable Oil	75 g

Strawberry Gel

Strawberry Puree	100 g
Brown Sugar	10 g
Agar	1 g

Lime Granita

Water	375 g
Sugar	100 g
Fresh Lime Juice	180 g
Fresh Lime	1 pc



Tips

- Bake the tart carefully with appropriate temperature as the plant-based ingredients could lose nutrients easily with high heat.
- Adding fresh lime zest on top could give a richer flavour to the tart, keeping the refreshing taste for summer.



40 mins



1 person

季節限定士多啤梨撻 配意大利青檸碎雪

食譜由Essentia by Holger Deh行政總廚Holger Deh設計

做法

- 01 製作意大利青檸碎雪。先將糖和水煮滾，然後加入青檸及青檸皮，再充分攪拌至混合。
- 02 將碎雪倒入有蓋的容器內。然後放置於雪櫃中冷卻。
- 03 製作生麵糰。將所有生麵糰材料倒入攪拌機內，然後利用攪拌機的水平攪拌棒充分攪拌混合。
- 04 取出麵糰，讓麵糰靜置至少2小時，靜置一晚上則更佳。
- 05 捲起生麵糰並將麵糰塑成撻形，備用。
- 06 將撻形麵糰放入Miele焗爐內，選用「一般加熱」功能並以攝氏160度烤焗12-15分鐘。然後將撻形麵糰取出並放涼。備用。
- 07 製作燕麥海綿蛋糕。混合T45麵粉、黃糖和泡打粉，然後加入燕麥奶、水和植物油，繼續充分混合。
- 08 將混合後的粉漿倒在焗盤上，然後放入Miele焗爐，選用「一般加熱」功能並以攝氏160度烤焗8-10分鐘。完成後將其放涼備用。
- 09 製作士多啤梨醬。煲滾士多啤梨果蓉、黃糖和大菜。然後在室溫下放涼30分鐘。
- 10 將已放涼的士多啤梨醬放入雪櫃直至硬身。使用前先放入攪拌器攪成膏狀，再隔去多餘水分，然後備用。
- 11 從雪櫃取出碎雪，然後用叉將冷卻後的碎雪刮成碎冰。
- 12 製作士多啤梨果撻。先在撻底塗上一層士多啤梨醬，然後放上燕麥海綿蛋糕。再倒上一層士多啤梨醬。最後於撻面放上士多啤梨、青檸皮及意大利青檸碎雪作裝飾。
- 13 完成後即可享用。

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材料

生麵糰

低筋麵粉	150克
杏仁粉	30克
黃糖	30克
純素牛油	90克
燕麥奶	20克
鹽	1撮

燕麥海綿蛋糕

T45麵粉	400克
黃糖	190克
泡打粉	20克
燕麥奶	250克
水	250克
植物油	75克

士多啤梨醬

士多啤梨果蓉	100克
黃糖	10克
大菜	1克

意大利青檸碎雪

水	375克
糖	100克
青檸汁	180克
青檸	1個



貼士

- 烤焗撻皮時需留意烤焗溫度，避免純素食材過分受熱而流失營養。
- 於撻面加入新鮮青檸皮作裝飾可令口感更豐富清新，為盛夏味蕾帶來清涼體驗。



40 分鐘



1 人份