

Arctic Roll & Custard Tart with Nutmeg



Profitability:

Steps:

STRAWBERRY ICE CREAM

- Bring milk and cream to the boil, add strawberries and remove from heat. Leave to infuse for 1 hour
- Whisk eggs and sugar until pale
- Bring milk and strawberry mixture to the boil again, then pass through a fine sieve and pour slowly onto eggs, whisking continuously
- Return to pan and heat to 80°C while stirring continuously to ensure mixture does not catch
- Cool, then churn in an ice cream maker. Once ready, transfer to a large piping bag and freeze until required

SPONGE SHEETS

- Preheat oven to 160°C/gas mark 3. Whisk eggs and sugar until pale and fluffy. Gently fold in flour and butter
- Pour onto a flat baking tray lined with parchment paper and spread out to a thickness of 4mm. Bake for 8 minutes

SWEET PASTRY

- Rub butter, flour and sugar together to form breadcrumb-like consistency. Mix in egg to form a dough. Wrap in cling film and rest in the fridge for 45-60 minutes
- Preheat oven to 110°C/gas mark ¼
- Roll pastry out and use it to line a rectangular tart tin (36 x 13 x 2.5cm)
- Blind bake with baking beans for 6-8 minutes, then brush with egg wash and return to the oven for a further 2 minutes

EGG CUSTARD FILLING

- Combine strawberries with water and sugar and cook gently over a medium heat until soft but not mushy
- Blitz until smooth. Pass through a fine strainer to remove seeds and return to a clean pan with the agar agar

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- While whisking, heat gently to dissolve agar agar, remove from heat and store in a suitable flat container
 - Cool to room temperature and refrigerate until set. Once set, blitz into a gel and store in a squeeze bottle until required

Assemble: soften ice cream slightly. Place sponge sheet onto a sheet of cling film and spread a thin layer of strawberry gel over the entire surface. Pipe ice cream along one edge, roll the sponge around the ice cream and freeze

To serve:

- Mix diced strawberries with the lime juice and set aside. Use a microplane to grate nutmeg over the tart, then cut the tart into even portions and place onto plates
- Cut a similar sized piece of arctic roll and arrange alongside the tart, using a small line of strawberry gel to 'glue' it to the plate. Finish with small dots of strawberry gel and diced fresh strawberries

Ingredients:

STRAWBERRY ICE CREAM

Strawberries 250g

Milk 1l

Cream 100ml

Sugar 150g

Egg yolk 95g

SPONGE SHEETS

Sugar 100g

Eggs 2

Flour 120g

Butter 20g melted and kept warm

SWEET PASTRY

Flour 500g

Butter 250g

Sugar 120g

Eggs 2 plus extra for egg wash

EGG CUSTARD FILLING

Cream 625ml

Sugar 95g

Egg yolk 175g

STRAWBERRY GEL

Strawberries 400g hulled weight

Water 300g

Sugar 40g

Agar agar 4.4g

GARNISH

Strawberries 80g diced

Lime juice 1 dash

Nutmeg 1

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