

Italian Kiwi Custard Tart (Torta ai Kiwi with Crema Pasticcera)

Cooking Times + Servings

- **Prep Time:** 20 minutes
 - **Bake Time:** 20 minutes
 - **Chill Time:** 30 minutes (for the crust)
 - **Total Time:** ~1 hour 10 minutes
 - **Servings:** 10–12 slices
 - **Difficulty:** Medium
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Ingredients

For the Shortcrust Pastry (Pasta Frolla)

- **2 1/2 cups** Italian “00” flour (or all-purpose flour)
- **1/2 cup + 1 tbsp** unsalted butter, softened (about 130 g)
- **1 large egg + 1 egg yolk**
- **1 tsp** vanilla baking powder (or 1 tsp baking powder + 1 tsp vanilla extract)

For the Pastry Cream (Crema Pasticcera)

- **4 egg yolks**
- **2 cups** whole milk (500 ml)
- **6 tbsp** sugar (or **1/3 cup + 1 tbsp**, to taste)
- **6 tbsp** Italian “00” flour (or all-purpose flour)
- **1 packet** vanillin (or **1 tsp vanilla extract**)

Topping

- **4–6 kiwis**, peeled and sliced
 - Optional: other fruit (banana, mandarins, grapes, berries, etc.)
 - **Neutral glaze** (like Tortagel) *or* **apricot jam** thinned with a little water
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Instructions

1) Make the pasta frolla (shortcrust)

1. In a large bowl (or on a clean work surface), add the **flour, softened butter, egg, egg yolk, and vanilla baking powder**.
2. Knead by hand just until the dough becomes **smooth and no longer sticky**.
3. Shape into a ball, wrap tightly in plastic wrap, and chill for **30 minutes**.

2) Roll and bake the crust

1. Preheat oven to **350°F (180°C)**.
2. Roll the dough on a lightly floured surface to about **1/2 inch (about 1.25 cm)** thick.
3. Butter a tart pan (9–10 inch). Roll the dough onto your rolling pin and unroll it over the pan.
4. Press into the edges, trim excess dough by rolling the pin across the rim.
5. Prick the base with a fork.
6. Bake for **15–20 minutes**, until lightly golden.
7. Let cool slightly, then carefully remove from the pan and cool completely.

3) Make the crema pasticcera (pastry cream)

1. In a bowl, whisk the **egg yolks**.
2. Add the **sugar gradually**, then whisk in the **flour** until smooth.
3. Warm the **milk** in a saucepan until hot (not boiling).
4. Slowly add the egg mixture to the warm milk while whisking constantly.
5. Cook over medium heat, stirring continuously, until it **thickens** and you see **gentle bubbles**.
6. Remove from heat. Cool the cream (cover with plastic wrap directly on the surface to prevent skin).
7. Once cooled, stir in **vanillin** (or vanilla extract).

4) Assemble the tart

1. Spoon the pastry cream into a piping bag (or just spread with a spoon).
2. Fill the cooled tart shell evenly with cream.
3. Arrange **sliced kiwi** neatly on top (and any other fruit you like).

5) Glaze (highly recommended!)

- Brush fruit with **neutral glaze** prepared per package instructions.
 - Or: warm **2–3 tbsp apricot jam** with **1 tbsp water**, strain if you want it super smooth, then brush over fruit.
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Tips & Tricks

- **Don't overwork the dough** or the crust can turn tough—knead just until combined.
- For a cleaner slice, **chill the assembled tart 30–60 minutes** before serving.
- If your pastry cream gets lumpy, whisk vigorously or pass through a fine mesh strainer while warm.
- Kiwi looks best when sliced evenly—use a sharp knife and wipe it clean between cuts.