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Nº39



FRENCH CHOCOLATE TART

WITH BLUEBERRIES

INGREDIENTS

PÂTE SUCRÉE:

60	g butter
30	g icing sugar
½	scraped vanilla pod
1	egg yolk
120	g flour
15	g ground almonds
1	pinch of salt

GANACHE AU CHOCOLAT:

320	g cream
225	g dark chocolate (70%)
15	g acacia honey

Blueberries

Chocolate rolls

TOOLS:

Hand blender

Tart pan (22cm in diameter)

Rolling pin

PREPARATION

PÂTE SUCRÉE:

1. At first, mix the soft butter with the sieved icing sugar, the scraped vanilla pod and the salt in a bowl.
2. Add the egg yolk and mix it to get a homogenous mass. Then add the sieved flour and the ground almonds and work the mass with your hands until you have a uniform dough.
3. Press the dough into a flat and round shape, wrap it in cling film and put it into the fridge for about 2 hours (or overnight).
4. Preheat the oven to 170°C.
5. Take the pâte sucrée out of the fridge, let it warm up to room temperature and roll it out on a lightly floured surface until it is 3 to 4 mm thick.

TIP: If the dough crumbles a lot, knead it with a little water in a bowl.

6. Put the dough into the tart pan and cut off the protruding edges. Slightly stick a fork into the dough – don't pierce it!
7. Blind-bake* it for about 20 minutes until it is golden brown (10 minutes with blind-baking material, 10 minutes without it). Let the finished pâte sucrée cool off completely.

*Blind-baking: To let the base stay flat while baking and only the edges rise, you put parchment paper on the base and weigh it down with dried peas, beans or the like.



PREPARATION

GANACHE AU CHOCOLAT:

1. Chop the dark chocolate into small pieces and put them into a bowl.
2. Boil cream and acacia honey in a pot, pour it over the chopped chocolate and mix it with a hand blender.
3. Let the ganache cool off to about 40°C and pour it over the finished pâte sucrée.
4. Put the tart au chocolat into the fridge for about 40 minutes, then decorate it with blueberries and chocolate rolls.
5. Let it cool off in the fridge for another 2 to 3 hours – done!



QUINOA RASPBERRY PORRIDGE

INGREDIENTS

150	g quinoa
400	ml coconut milk (60% fat)
20	ml water
1	ripe banana (the riper, the sweeter)
	Maple syrup or the like for sweetening (optional)
	Frozen raspberries

IDEAS FOR TOPPINGS:

Nut spreads (cashew, peanut, almond etc.)

Fruits

Cocoa nibs

Coconut flakes

Kibbled linseeds

Puffed quinoa

PREPARATION

1. Wash the quinoa thoroughly and let it soak in plenty of water – ideally overnight.

This consistency ensures a better digestion and a more effective absorption of valuable nutrients.

2. Boil the soaked quinoa, the coconut milk and the water and let it soak in the pot for 15 to 20 minutes at medium heat.
3. Squash the ripe banana with a fork into mesh and add it to the quinoa, together with the frozen raspberries. Optionally, sweeten it with maple syrup or other sugar alternatives.
4. Decorate it with toppings of your choice – done! Enjoy your meal!