

# 2025 UConn Dining Culinary Olympics Winning Recipe

## Blood Orange Tart

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### Sable Crust

90 g (¾ cups) Icing sugar

230 g (2 cups) Pastry flour can be replaced with All-purpose flour

30 g (⅓ cups) Almond flour

Pinch of salt

110 g (½ cups) Unsalted butter, 82% fat content, use it very cold, cut into chunks

50 g Egg approx. 1 egg

- Measure and cut butter into chunks and place it into the freezer for a few minutes
- Sift together dry ingredients: flour, icing sugar, almond, salt
- Add very cold butter chunks into the dry ingredients, and rub the mixture between your hands until it becomes a sand-like consistency
- Add the egg into the mixture and mix with your hands just until the dough comes together
- Knead the dough with the palm of your hand for a minute or two, just until it is smooth. Do not over-knead the dough, and do not use a mixer, nor a food processor
- If the dough is too warm and sticky, place it into the fridge for 10-15 minutes first. Otherwise, continue with rolling the dough out into 2mm thickness between two Silicone baking mat.
- Place the dough into the freezer for 15 minutes between the two Silicone baking mats. Do not remove the mat at this point.
- Prepare your oven rack with the Perforated "air" baking mat and perforated tart rings on top.
- Take the dough out of the freezer, remove the top of the silicone mat, and using one of the Perforated tart rings, cut out 8 circles - these will be the bottoms of your tarts. Carefully move the dough circles with an offset spatula and place them into the rings one by one.
- If at any point the dough gets too warm to work with, pop it back into the freezer for 5 minutes. You might need to take the dough in and out of the freezer multiple times, depending on your kitchen temperature. It is extremely important to work with a dough which is cold enough to be able to handle (so not sticky), but not too cold, which would result in breaking it
- Cut 8 long strips out of the dough; these will be the side of the tart

- Carefully place the strips into the ring one by one. Press each strip onto the ring until it sticks.
- Place the perforated tart ring with the pastry dough in it into the freezer for 1 hour.
- Pre-heat the oven to 160C / 320F
- After 1 hour, trim the top of the pastry with a sharp knife
- Bake for 20 min, then carefully remove the rings and bake for another 5 -10 min until golden brown. At the 20 min mark the pastry should be already somewhat baked and therefore will contract within the ring. If the pastry feels stuck in the ring, bake it for further 1-2 minutes
- Let the pastry cases cool on the perforated "air" baking mat before filling

### **Blood Orange Curd**

6 Blood oranges, Juice and zest

12 egg yolks

450g sugar

120 cold butter

2T gelatin

- In a saucepan, mix egg yolks, orange juice, zest, and sugar until smooth. Bloom gelatin in cold water, set aside.
- Cook on low heat stirring until thickened, stir in butter, then mix in gelatin.
- Pour into the pan and cool, and it will be cut to fit in the tart.

### **Burnt Vanilla Meringue**

$\frac{3}{4}$  cup sugar

$\frac{1}{2}$  cup corn syrup

$\frac{1}{4}$  cup water

$\frac{1}{8}$  tsp salt

2 egg whites, room temperature

$\frac{1}{4}$  tsp cream of tartar

1 vanilla bean, toasted and ground

- Stir together the sugar, light corn syrup, water, and salt in a small saucepan over high heat until it reaches 240 degrees.
- Place the egg whites and cream of tartar in a mixer and whip at medium speed until soft peaks form.
- When the syrup reaches 240, put the mixer on low and slowly drizzle it into the egg whites. Increase speed to medium-high for 7 to 9 minutes until glossy. Near the end, add the vanilla bean powder.

