

Blueberry and Chambord Tart from Victoria Porter

(served at the March, 2017 BCGC luncheon)

You will need an 11-inch flan pan with fluted edge and a removable bottom (also called a tart pan) and wax paper in addition to the listed ingredients. This recipe appeared in the August, 1982 Gourmet Magazine and I've annotated it as I make it rather than reproducing it exactly as it appeared in Gourmet. Read through the recipe to get the timing down as you will want to start the filling during the time the pie shell is cooking.

Ingredients for the shell:

- 1-1/4 sticks butter (1/2 cup plus two tablespoons) cold, unsalted butter cut into bits
- 1/4 C cold vegetable shortening
- 2-1/2 C all-purpose flour
- 1/2 tsp salt
- 3 tbsp sugar
- 1 large egg yolk beaten with 1/4 C cold water
- raw rice for weighting the shell

Ingredients for the filling:

- 2 tsp unflavored gelatin
- 3/4 C black raspberry liqueur (note: Gourmet's recipe calls for Chambord but the liquor store SHOULD have the less costly Mr. Boston brand which I've used instead and cannot tell the difference.)
- 1 pint fresh blueberries (use 1/4 to 1/2 C more for complete coverage of the crust)
- 1 tsp cornstarch dissolved in 1 tbsp cold water
- 1/4 C seedless red raspberry jam (I never measure but use just what I need to lightly coat the crust after cooking it.)

Make the shell:

Blend all the dry ingredients listed with the butter and shortening by hand using an old-fashioned pastry blender until the mixture resembles corn meal. Add the egg yolk/water mixture and toss with a fork until mixture can be formed into a ball. I added extra cold water (1 tbsp at a time) to achieve the moistness required. I do not recommend preparing the pastry in a food processor (totally changes the texture and makes it difficult to roll out later.) Slightly flatten the pastry ball and chill it wrapped in wax paper for AT LEAST 30 minutes. I usually make the dough a day in advance of making the tart. Once chilled, roll out the dough to 1/8" thick on a lightly floured board. Drape it over the rolling pin and fit it into your fluted pan, trim all excess by pushing down on the dough to cut it at the top of the rim. Lightly prick the bottom of the shell with a fork. Line the shell with wax paper, fill the paper with rice and bake in the lower 1/3 of a 425° preheated oven for 15 minutes. Remove the rice and paper carefully and bake the shell for 10 minutes more or until golden. Remove from oven and cool in the pan on a rack.

Make the filling:

Sprinkle the gelatin over 1/4 C of the black raspberry liqueur and let it soften for 15 minutes. Set the bowl over a bowl of hot water and stir the mixture until the gelatin dissolves. In a stainless steel or enameled saucepan (I had neither and used a corning pan instead), combine the blueberries and the remaining 1/2 C black raspberry liqueur and bring the mixture to a boil over moderately high heat, stirring all the while. Stir the cornstarch mixture, add it to the blueberries, lower heat to simmer and continue stirring for 3 minutes or until the mixture has thickened slightly. Remove the pan from the heat, stir in the gelatin mixture and let the mixture cool. Spread raspberry jam on the bottom of the shell and pour the filling into the shell. Chill the tart, covered loosely, for two hours or until it is set. (I usually make the tart a day in advance of serving it.)