

Caramelized Golden Pineapple Tart



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While early autumn conjures up images of baked apple pies for some, nothing says cozy comfort to me more than caramelized golden pineapple, served at Chakra Restaurant in a puff pastry tart surrounded by a pool of smooth, creamy pineapple anglaise. Not only is this impressive dessert easy to prepare, it will fill your home with sweet, mouth-watering aromas. Use only fresh, ripe pineapple, free of bruises for maximum flavor and presentation. Take time and care while going through each step of this recipe, particularly when it comes to preparing the custard. Using sugar in the raw will give the caramelization a deeper, richer color and more intense flavor. Your guests will love this decadent dessert, and you for taking the time to prepare it – the ultimate goal for cooks and foodies. Accent the flavors of this tart by pairing it with any good sauterne.



Caramelized Golden Pineapple Tart

Serves 2

Ingredients:

- 1 package puff pastry
- 1 golden pineapple (each), peeled and core reserved
- 1 cup sugar in the raw
- 1 lb. whole butter

For Pineapple Crème Anglaise:

- 16 oz. heavy cream
- 1 cup sugar
- 1 vanilla bean, split
- 1 core from the pineapple (each)
- 4 egg yolks (each)

Preparation:

Peel and cut pineapple in four divisions from the top, which will give you four long quarters. Remove the core lengthwise and reserve to flavor the pineapple anglaise.

Open the package of puff pastry and roll it out to about a 16th of an inch in thickness. Cut two circular tarts 6

inches in diameter and place them on a non-stick cookie sheet.

Take the four wedges of pineapple and slice them across on a bias to give you 1 1/2-inch slices.

Keep the slices in order and place them in succession around the pastry form, overlapping each other in a spiral pattern.

The entire surface of each pastry form should be covered.

Melt the butter in a small sauce pan and brush liberally over the pineapple, ensuring good coverage.

Coat the pineapple with a good sprinkle of sugar in the raw. Bake the tarts for approximately 50 minutes in a 300 degree convection oven. While the tarts are cooking, place the egg yolks and granulated sugar in a stainless steel bowl.

Whisk together yolks and sugar until pale and thick; reserve. In a non-reactive sauce pan, heat the cream with the vanilla bean and pineapple core.

Bring to a boil, shut off heat, and cover. Allow 20 minutes for the flavor of pineapple and vanilla to bloom into the cream.

Put the cream back on the heat and bring to a simmer. Whisking slowly, gradually add hot cream to the bowl, 2 ounces at a time.

When cream and sugar yolks are combined, pour back into sauce pan and return to high heat, stirring constantly with a heat-proof rubber spatula.

Make sure you skim the bottom constantly to avoid burning the custard mix. It is imperative that this mixture not boil.

When the consistency gets thick and the custard coats the back of a spoon, strain and cool in a bowl on an ice bath, stirring frequently.

The tarts should be a beautiful golden brown and cooked underneath on the bottom. Serve tarts warm with crème anglaise.



TIPS:

- Fresh pineapple will have a fragrant scent and lush green leaves. The fruit is available year-round and should feel heavy for its size with a dark green, yellow or red colored rind.
- Puff pastries have a two-thirds butter-to-flour ratio, which is achieved through a labor-intensive process of rolling, folding and layering ice-cold butter into the pastry. Look for puff pastry dough in the freezer section of your local market.
- The type of "raw sugar" that is available in your neighborhood grocery store has already had impurities removed and will have a deeper color, flavor and aroma than ordinary granulated sugar.