

Tarte Bourdaloue

*A recipe by **Samantha Medeiros**, first place winner of the RC Show's Garland Canada Culinary Competition!*



"I tend to make this whenever I miss living in France; there's an odd sense of nostalgia I get when I eat this. If I close my eyes and dream hard enough, I can almost feel like I'm sitting in a café in Provence again." - SM



The Tarte Bourdaloue is a tart that was created in the nineteenth century by a Parisian pastry chef, who had a pastry shop on Bourdaloue Street in Paris. This dessert is a variation of the amandine (almond tart) and can be served either hot or room temperature. The Tarte Bourdaloue is composed of large pieces of poached pears placed on a sweet tart dough that is previously covered with frangipane or almond cream. While this dessert recipe is more time-intensive than others, all of the components (the tart dough, poached pears, and frangipane) can be made in advance to reduce prep time on the day of baking. Dust with powdered sugar just before serving, and this elegant tart makes a wonderful dessert over the fall and winter season!



Ingredients:

Yields:

4-6 servings / 1 tart mould
Prep time: 60 minutes
Rest time: 60 minutes
Cook time: 90 minutes

Tart Dough:

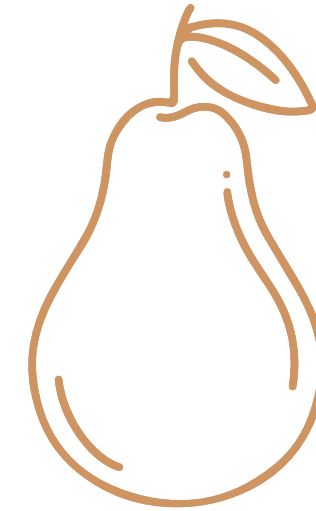
- 240 grams all-purpose flour
- 70 grams white sugar
- 2 grams kosher salt
- 1 teaspoon lemon, zest only (1/2 piece lemon)
- 155 grams unsalted butter, cold, cubed
- 1 piece egg, yolk only
- 1 teaspoon vanilla extract

Poached Pears

- 3 pieces pears, Anjou or Bartlette
- 1 cup white sugar
- 4 cups water
- 1/2 teaspoon cloves, whole
- 2 strips lemon, peel only
- 1 piece cinnamon stick
- 1 teaspoon vanilla extract

Garnish:

1 tablespoon icing sugar
(optional)



Frangipane Filling

- 115 grams unsalted butter, softened
- 115 grams white sugar
- 115 grams almond flour
- 3 pieces eggs, room temperature
- 15 grams all purpose flour
- 1 teaspoon vanilla extract
- 1/2 teaspoon lemon, zest only (1/4 piece)
- 1 tablespoon rum (optional)

Tart Dough:

- 240 grams all-purpose flour
- 70 grams white sugar
- 2 grams kosher salt
- 1 teaspoon lemon, zest only (1/2 piece lemon)
- 155 grams unsalted butter, cold, cubed
- 1 piece egg, yolk only
- 1 teaspoon vanilla extract

Method:

1. Lightly grease a tart pan with a removable bottom and set aside.
2. In the bowl of a food processor, combine the all-purpose flour, white sugar, kosher salt, and lemon zest. Pulse until well mixed, then add the cold cubed unsalted butter and pulse. Add in the egg yolk and vanilla extract and pulse continuously until the dough just starts to clump together (it might appear very dry at first, but if you continue to pulse and process, it will come together).
3. Transfer dough to a countertop and knead until everything comes together. Roll out until 1/4 inch thick, then press into the greased tart pan - if it cracks just patch it up. Chill in the fridge for a minimum of 1 hour.
4. Preheat the oven to 375°F. Once the tart shell has rested in the fridge, pull to room temperature and cover loosely with a piece of aluminum foil. Fill with dried beans, or any weight substitution, and blind bake for 15 minutes. Remove the foil and weights and cook for an additional 10 minutes.
5. The tart shell should be lightly golden and cooked through, then set it aside to cool completely before adding in the filling.

Note: If preparing the dough ahead of time, shape it into a disk and wrap it with plastic wrap. This step can be made up to 2 days ahead.



Poached Pears

- 3 pieces pears, Anjou or Bartlette
- 1 cup white sugar
- 4 cups water
- 1/2 teaspoon cloves, whole
- 2 strips lemon, peel only
- 1 piece cinnamon stick
- 1 teaspoon vanilla extract

Method:

1. While the tart dough is chilling, poach the pears. Combine the water with the white sugar in a medium pot, and place over medium heat until the sugar completely dissolves. Add in the cinnamon stick, cloves, vanilla extract, and lemon peel.
2. Peel the pears, then remove the stems from both the top and bottom. Using a corer, or a small pairing knife, remove the core from the center of the pear.
3. Add the pears to the poaching liquid and simmer on medium heat for about 12-15 minutes, rotating to ensure even cooking. Check the doneness of the pears after 10 minutes; they should be easy enough to pierce with a pairing knife, but not overcooked.
4. Cool the pears to room temperature in the poaching liquid, then remove, and pat dry. Cut in half, then slice the pears crosswise into thin pieces - fanning out as you cut, and set aside.

Frangipane Filling

- 115 grams unsalted butter, softened
- 115 grams white sugar
- 115 grams almond flour
- 3 pieces eggs, room temperature
- 15 grams all purpose flour
- 1 teaspoon vanilla extract
- 1/2 teaspoon lemon, zest only (1/4 piece)
- 1 tablespoon rum (optional)

Method:

1. In a bowl, combine the unsalted butter and white sugar until creamy.
2. Alternatively, then add in the almond flour and whole eggs, one at a time, until all ingredients are incorporated evenly. Add in the all-purpose flour and mix just to combine.
3. Next add in the vanilla extract, lemon zest, and rum (if using).
4. Set aside until assembly.



Assembly:

1. Place the tart pan on a baking sheet. Fill the pre-baked tart shell with the frangipane filling and spread into one even layer.
2. Add the sliced poached pears, arranging them top to tail, alternating in each direction until the entire tart is covered.
3. Bake at 375°F for 40-50 minutes until the frangipane has risen around the pears, and the entire top is a deep golden brown.
4. Top with a light dusting of icing sugar and serve either hot, or at room temperature.

Note: Leftovers can be kept at room temperature for up to 2 days, or in the fridge for 4 days - be sure to reheat before enjoying.

MENU

CANADA'S FOODSERVICE MAGAZINE

Tried this recipe?

Tag [@menumagca](#) & [@smedeiros](#) on Instagram and show us your creations!

Don't forget to

SUBSCRIBE



to our BITE monthly newsletter!

