



vege

Recipe #6: December
**Almond, apple
and kiwi tar**

This recipe was created especially for EPFL by **Chrislian Cordier**, chef at Le Montreux Jazz Café.



Ingredients:

TOTAL:
8.50 CHF

Serves 6 - 8 people

Difficulty: easy!

Preparation time:

One hour, plus two hours for the pastry to rest

For the crust:

250 g organic flour
140 g butter, softened
100 g powdered sugar
25 g almond flour
1 organic egg
A pinch of salt

For the almond filling:

50 g butter, softened
50 g sugar
50 g almond flour
10 g organic flour
1 organic egg

For the garnish:

2 organic apples
2 organic kiwis
1 tbsp of organic buckwheat seeds

Preparing the crust

To make the crust, mix the ingredients together using your fingers or an electric mixer. Make sure not to overwork the dough. Once you have your dough, wrap it in plastic wrap and put it in the fridge for at least two hours. Ideally, you should prepare this the day before, or, for best results, make it well in advance and store it in the freezer until you are ready to use it.

each half into thin, regular slices. Repeat these steps for the kiwis, but don't forget to remove their skins.

Assembling the tart

Once you have prepared the fruit, line a 24cm round or square tart pan with your crust. Generously spread half of the almond filling on top of the crust, and then arrange the fruit on top however you like.

Preparing the almond filling

While the dough is resting, you can prepare the almond filling. Mix the ingredients together using a spatula. Remember to take the butter out of the fridge in advance so that it has time to soften.

Baking the tart

Bake the tart in an oven preheated to 180°C for 20–30 minutes. Once baked, brush a honey, butter and lemon mixture over the tart, and sprinkle roasted buckwheat seeds over the top.

Preparing the garnish

I really like using unpeeled apples for this recipe. Simply cut the apples in half, and then cut

Enjoy!

Chrislian Cordier,
chef at Le Montreux Jazz Café.



About kiwis

Kiwis are a winter fruit that can be included easily in our diets. They can be eaten as they are, added to salads or blended into smoothies. Kiwis are sweet but also have a tangy flavor, making them perfect for both sweet and savory dishes.

Nutritional benefits

Two kiwis provide 30% of our daily vitamin C, potassium and fiber needs. High in antioxidants, kiwis help boost the immune system, which is particularly important during the winter months.

What to look for

You can buy ripe kiwis, which feel slightly soft to the touch, or, if you'd like them to last a little longer, you can buy slightly unripe kiwis, which feel firmer. There are many different varieties of kiwi available, but the ones with dark green flesh have the highest nutritional value.

Storage

Unripe kiwis will keep for three to four weeks when stored at room temperature. Ripe kiwis, however, will keep only for up to one week.

Did you know that Swiss kiwis are produced mainly in the Aubonne area of Vaud Canton ?

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