

Seasonal Heroes

CUSTARD APPLE

A deliciously creamy, sweet, tropical treat to enjoy in the colder months of the year. The Australian custard apple, a unique hybrid of the central American cherimoya and sugar apple, has a fine leathery skin that peels away easily, revealing a smooth fruity-like custard flesh.

Choose fruit that are pale green and firm

They will not ripen under 14°C, so it's best to keep them between 18°C - 24°C until ripe

Spots and blemishes are normal, the flesh will still be great quality

Quick facts

- The shelf life of this fruit is short. Once ripe, store them in the fridge for up to 3 days
- The fruit will give slightly when ripe. If the skin has turned purple or black they're past their best eating quality
- Avoid heating over 50°C as this will cause flavour to be lost

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Double Custard Brûlée Tart with Macadamia Crusted Pastry

Macadamia Crusted Pastry
90g macadamias, roasted, unsalted
220g plain or pastry flour
35g icing sugar
125g cold cultured butter, chopped
1 egg, separated

600ml cream
60ml floral honey
1 vanilla bean, seeds scraped
Sea salt
1 custard apple, flesh scooped and mashed, seeds removed

Brûlée To Serve
60g golden caster sugar

Custard Apple Custard
2 tbsp cornflour, sifted
6 large egg yolks, lightly whisked

Macadamia Crusted Pastry

Place the macadamias into a food processor and pulse until finely chopped. Add the flour, icing sugar, butter and process until the mix is an even fine crumb. Add the egg yolk and a tablespoon of iced water (you can add a little more if required, a teaspoon at a time). Process again until the mixture comes together into a ball. Turn onto a floured surface, shape into a disc and refrigerate for 30 minutes.

Pre-heat the oven to 180°C. On a lightly floured surface roll out the pastry to 3mm thick and line a 24cm loose bottom tart tin, trim the top and prick the base with a fork, then refrigerate for 30 minutes. Line the pastry shell with baking paper and a layer of pastry weights, dried beans or rice. Blind bake for 10-15 minutes, until the rim of the pastry is golden. Remove the pastry weights and the baking paper, brush the base with a little eggwhite and return to the oven for 5 minutes until golden all over. Set aside to cool.

Custard Apple Custard

Sift the cornflour into a saucepan, whisk in the egg yolks until smooth. Add the cream, honey, vanilla and a generous pinch of sea salt, whisk until combined. Place the saucepan over a medium heat, stirring continuously until thickened, about 3-4 minutes. As soon as the custard has thickened remove from the heat and whisk for 30 seconds. Set aside to cool.

Once the custard has cooled put a thin layer of custard apple over the base of the tart pastry, spread the custard over the custard apple and refrigerate.

Brûlée To Serve

Just before serving, remove from fridge, sprinkle with golden caster sugar and use a kitchen blow torch to caramelize the sugar.

Serves 8

Hot tip!

Overheating will cause the fat to separate from the custard – if this happens beat vigorously until emulsified.



Uses

The green skinned fruit are a heavenly ingredient for desserts, from tarts to sorbets, cheesecakes, trifles and smoothies. Add a tropical flavour to salads or balance spice with sweetness in stir fries or curries.

The perfect dish starts with the freshest ingredients. Bidfood Fresh provides quality, farm-fresh produce, hand-picked daily to ensure your menu is always bursting with flavour.

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