



CANADIAN MOUNTAIN HOLIDAYS

CMH HELI-SKIING / CMH HELI-HIKING

Chocolate Cabernet Tarte

A very good reason to open up a great bottle of cabernet!

INGREDIENTS

Crust:

1 pc vanilla bean (split in half and scrape out the seeds)
2 egg yolks
2 tsp ground almonds
4 oz icing sugar
8 oz all purpose flour
4 oz chilled butter, cut into cubes

Tarte:

3/4 cup cream (35%)
3/4 cup full-bodied cabernet sauvignon, port or shiraz
1/2 cup sour cream
1/2 cup white sugar
18 oz premium quality double dark chocolate, chopped

METHOD

To prepare the crust:

Mix egg yolks and seeds from scraped vanilla bean. In food processor combine: almonds, sugar, flour and salt. Add butter and pulse until everything is just coming together. Add egg yolk/vanilla mixture and blend in as well (add another yolk if too dry). Form a round disc and refrigerate overnight (or for a minimum of 2 hrs). Roll out the pastry and fit it into pan. Prick with a fork and chill in freezer for 30 minutes. Line the pie crust with parchment and fill with pie weights or beans. Bake at 400F for 20 minutes. Remove weights and parchment and continue to bake at 350F until crust is light golden brown and thoroughly cooked. You may need to prick with a fork again if the pastry balloons up. Allow shell to cool before adding filling.

To prepare the filling:

Combine cream, sugar, wine and sour cream over medium heat until sugar is dissolved. Pour over chocolate chunks and stir until dissolved. Chill 4 hours.

PROFESSIONAL HINTS

The better the wine, the better the flavour, especially the next day.

PRESENTATION SUGGESTION

Good with chocolate decorations, fresh berries and a port/wine glaze