

carême

TRADITIONAL PASTRY



Since 2005 we have been supplying chefs and food service professionals with a range of high-quality butter pastry products made with all-natural ingredients.

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This Free-Form Tart guide provides some inspiration for simple but impressive looking tarts with no wastage or trim to re-work, and achievable mise-en-place. They are the perfect dish for a time poor kitchen; easy to prep, bake and serve. You can switch up ingredients daily utilizing in-season produce and upsell with add-ons.

Create your perfect free-form tart

Bake it

Place in a hot oven **190-200°C**
fan-forced for **15 minutes**

Store it

Place **between baking paper**
sheets in a **sealed container**

This list is not exhaustive, use it as inspiration to build your prep and create awesome free form tarts.

CREATE YOUR PASTRY BASE	ADD SOME VEG	ADD SOME PROTEIN
CARÊME SPELT BUTTER PUFF	ROAST PUMPKIN CARROT CAULIFLOWER BEETROOT	CRISPY LAMB PULLED PORK
CARÊME ALL BUTTER PUFF	SAUTEED GREENS KALE, SILVERBEET BROCCOLI ASPARAGUS	SPICED CHICKEN HOT SMOKED SALMON OR TROUT
CARÊME SOUR CREAM SHORTCRUST	MARINATED ZUCCHINI OR FENNEL BROAD BEANS OR PEAS ROAST CAPSICUM	CRISPY PANCETTA / BACON POACHED EGG

Assemble

For service - **flash pastry in oven** for **5 minutes** to warm through (unless baked same day)

Plate it

Build your dish, see the inspiration guide. **Make it impressive** - add height, colour, texture

ADD A FLAVOUR KICK

CAPERS/ CORNICHONS/ OLIVES

GOAT CHEESE OR FETTA

GRATED PARMESAN
OR MANCHEGO

PESTO / HARISSA / RELISH

YOGHURT / TAHINI / LABNAH

ZA'ATAR

CHILLI (FRESH OR FERMENTED)
SUMAC

LEMON ZEST / PRESERVED LEMON

QUICK PICKLED RADISH
OR RED ONION

ADD SOME CRUNCH

SPICED CARAMELISED NUTS

ROASTED SPICED CHICKPEAS

TOASTED ALMONDS
PINE NUTS
WALNUTS

PUMPKIN, SESAME
OR SUNFLOWER SEEDS

ADD SOME HERBS & LEAVES

MINT

BASIL

DILL

TARRAGON

PARSLEY

CORIANDER

ROCKET

SPINACH

PEA SHOOTS

MICRO LEAVES



Roast cauliflower and chevre tart with fennel, almonds, crispy prosciutto

Prep tips

The cauliflower can be roasted and stored for up to 3 days in the fridge and reheated to order. The pastry and prosciutto can be cooked off in larger quantities and stored at room temp for up to 1 week, checking daily, pastry can be refreshed in the oven for 5 minutes. For service, all that is left to do is reheat the cauliflower and compose the tart.

Ingredients

Ingredient prep for 1 serve, increase prep quantities for rolling prep

- **Carême Spelt Butter Puff Pastry cut into 7cm x 14cm rectangles**
- 1 cup cauliflower florets, approx. 1 inch
- 2 tbsp olive oil
- Salt, pepper
- 2 slices prosciutto
- ¼ fennel bulb, finely sliced, sat in ice water for 10 minutes, drained well
- 100g goats chevre
- ¼ cup water
- Mixed picked mint & coriander to serve
- Reserved fennel fonds to serve
- 2 tbsp sliced almonds, toasted
- 1.5 tbsp basic vinaigrette
- 2 tbsp Kasundi, to serve

Method

- 1 Preheat an oven to 190°C fan-forced. Toss the cauliflower in the olive oil with a little salt and pepper.
- 2 Scatter onto a baking paper lined tray and roast for approx. 10 minutes, until slightly caramelised. Allow to cool then transfer to a sealed container if storing in the fridge.
- 3 Lay the cut pieces of pastry onto a baking tray lined with baking paper. Sprinkle with a little flake sea salt and cracked pepper.
- 4 If desired (not 100% required), place cookie cutters that are approx. 1.5cm high in each corner of the tray and rest another tray on top. This is called semi-suppressed baking where the top tray keeps the pastry from over puffing while cooking. Bake these for 15 minutes or until golden and crisp then allow to cool completely before storing.
- 5 Reduce the oven temp to 170°C and lay the prosciutto onto a lined baking tray. Cook in the oven for approx. 8-10 minutes until crisp.
- 6 Prepare the fennel as directed and drain well.
- 7 Whip the chevre with the water until light and smooth. Lightly season. Store in the fridge. This may need a little more water.
- 8 To serve, reheat the cauliflower in oven or under a salamander to just warm through then place into a mixing bowl with shaved fennel and a small handful of mixed herbs, some fennel fonds, almonds. Lightly dress with vinaigrette and season.
- 9 Spoon 1 tsp of goats' curd onto a plate and lay a piece of pastry on top to secure then smear over 2 tbsp of chevre and spoon over 2 tbsp kasundi. Top with the cauliflower salad and crisp prosciutto broken up. Serve with a lemon wedge if desired.

Roast pumpkin, goats cheese and silverbeet tart

Prep tips

This recipe is all about having the prep done and, in the fridge, so the tart is just assembled and cooked making it a simple process and easy to make more if busy. It makes for the perfect grab and go item to be displayed and served at room temp, or al a carte on a menu with add-ons and a small salad. Prep larger quantities of the ingredients so you only need to do twice a week. Some sliced prosciutto or hot smoked salmon is a great add-on/ up-sell option to this tart.

Ingredients

Ingredient prep for 6-8 portions on this size pastry

- 1 large rectangle Carême All Butter Puff Pastry, cut 30cm x 40cm
- 1 egg yolk
- 100g goats' cheese
- ¼ medium jap pumpkin, skin and seeds removed
- ⅓ cup roughly chopped kalamata olives
- 7 tbsp olive oil
- to serve, mixed picked herbs - dill, parsley, picked and chives sliced into 2cm batons
- Salt, black pepper
- 2 brown onions, thinly sliced
- 1 bunch silverbeet leaves, roughly chopped


Method

- 1 Preheat oven to 200°C fan-forced and line a baking tray with baking paper.
- 2 Cut the pumpkin in half then cut into small wedges approx. 2cm thick. Toss with 2 tbsp of the olive oil and season with salt and pepper then place on baking tray. Roast for 15 minutes until soft and coloured. Cool and store, layered in a container using baking paper if you must stack.
- 3 For the onions, add the 2 tbsp olive oil to a small frying pan over a medium heat add onion with a good pinch of salt. Cook over a medium heat for 10 minutes until soft. Season and set aside to cool.
- 4 For the silverbeet, heat a large pot over a high heat and add 2 tbsp olive oil followed by the silverbeet leaves, a good pinch of salt and a splash of water then cover with a lid and let steam for 2 minutes to wilt. Adjust seasoning to taste, remove from the pot onto a tray to cool quickly.
- 5 Place the pastry onto a baking tray lined with baking paper. Mark a 2cm boarder around the edge of the pastry then prick the inside with a fork. Brush this edge with the egg yolk. Spread some of the onion over the pastry staying inside the boarder and top with the pumpkin wedges, silverbeet, goat's cheese and olives. Drizzle with 1 tbsp olive oil and bake for 25-30 minutes, until the pastry is crisp and flaky.
- 6 Serve the tart, cut into 6 squares, and serve at room temp or lightly reheated and scattered with the herbs.









Zucchini, snow pea, fennel, mint and goats cheese tart

Prep tips

Cook additional pastry pieces and store in an airtight container for up to 1 week, checking daily, can be refreshed in the oven for 5 minutes. The blanched snow peas and shaved vegetables should only be left for 2 days in the fridge and checked daily for freshness. Ideally fresh ingredients are prepped daily. Hot smoked flaked trout or salmon, poached egg is a great add-on/ up-sell.

Ingredients

Ingredient prep for 1 serve, increase prep quantities for rolling prep

- **Carême All Butter Puff Pastry cut into 7cm x 14cm rectangles**
- 4 snow peas, trimmed
- ¼ medium zucchini, finely sliced into rounds
- ¼ fennel bulb, finely sliced, sat in ice water for 10 minutes, drained well
- 6 pitted kalamata olive halves
- 1 tbsp almonds, toasted, crushed
- 1 small radish, sliced
- Mint, dill, picked to serve
- Salt, fresh ground black pepper, to serve
- 1 tbsp chardonnay vinaigrette to serve
- 2 tbsp goats curd to serve
- Lemon wedge to serve
- Optional extras – hot smoked flaked trout or salmon / poached egg

Method

- 1 Preheat oven to 190°C fan-forced. Lay the cut pieces of pastry onto a baking tray lined with baking paper. Sprinkle with a little flake sea salt and cracked pepper.
- 2 Place cookie cutters that are approx. 1.5cm high in each corner of the tray and rest another tray on top. This is called semi-suppressed baking where the top tray keeps the pastry from over puffing while cooking. Bake these for 115 minutes or until golden and crisp then allow to cool completely before storing.
- 3 Blanch the snow peas in salted, boiling water for 20 seconds then refresh in ice water and drain well. Place into a bowl with the zucchini, fennel, olives and radish, season and dress with vinaigrette prior to plating.
- 4 Place a piece of cooked pastry onto a serving plate, spoon the goats curd over the pastry and top with the salad plus any extras such as hot smoked salmon.

Spiced lamb tart with pine nuts, yoghurt, cucumber and mint

Prep tips

Both the lamb and pastry can be cooked ahead. The lamb stored in the fridge up to 4 days and reheated to order. Cook additional pastry pieces and store in an airtight container for up to 1 week, checking daily, can be refreshed in the oven for 5 minutes. Cook the lamb in larger quantities by multiplying the recipe.

Ingredients

Ingredient prep, increase prep quantities for rolling prep

- **Carême Sour Cream Shortcrust Pastry, cut into 7cm x 14 cm rectangles**
- Olive oil
- Za'atar

Lamb

- 2 tbsp olive oil
- 1 small brown onion, finely diced
- 2 clove garlic, crushed
- salt
- 250g lamb mince
- 2 tbsp Baharat
- 1 tsp ground cumin
- Black pepper
- 2 tbsp pomegranate molasses
- ½ cup pine nuts, toasted

Yoghurt

- 1kg natural yoghurt
- 2 clove garlic, finely crushed
- ¼ tsp ground cumin
- Sea salt, fresh ground black pepper

To serve

- 1 piece cooked pastry
- 3 tbsp yoghurt, above
- ½ cup lamb mix, reheated
- Mixed herbs, mint, coriander, flat parsley, picked
- ½ Lebanese cucumber, seeds, removed, finely sliced on an angle
- 3 pitted kalamata olives, halved
- 1 tbsp basic vinaigrette
- Pomegranate molasses, to serve
- Lemon, wedge

Method

- 1 Preheat oven to 190°C fan-forced. Lay the cut pieces of pastry onto a baking tray, leaving 2cm between them. Brush with a little olive oil then scatter with some za'atar. Bake these for 15 minutes until golden and crisp then allow to cool completely before storing.
- 2 For the lamb, place a frying pan over a high heat, add the oil, onion, garlic with a generous pinch of salt and cook for 2 minutes. Add the Baharat, cumin and lamb and keep over the high heat with a little more salt add, cooking until the mince has broken up, browned and is cooked through but not dry. Stir through the pomegranate molasses and pine nuts, adjust the seasoning, cook for 1 minute longer then allow to cool. This can be made up to 3 days ahead.
- 3 For the yoghurt, mix the yoghurt with the garlic, cumin and season with a little salt and pepper.
- 4 To serve a portion, mix the cucumber with a small handful of mixed herbs, olive and vinaigrette. Season lightly.
- 5 Place a piece of pastry onto a serving plate. Spoon over 2 tbsp yoghurt then top with the reheated lamb and spoon over 2 more tbsp of yoghurt and top with the cucumber salad, a sprinkle of za'atar and a drizzle of pomegranate molasses. Serve with lemon.





Spiced roast carrot tart with herbed yoghurt, radish and pine nuts

Prep tips

Roast the carrots up to 3 days in advance and have the pastry cooked and store in an airtight container at room temperature for up to a week, check daily, can be refreshed in the oven for 5 minutes.

Assembly can be done in 2 minutes making it a very simple and efficient menu item. Some hot smoked salmon, a poached egg, poached chicken or even avocado would make a great add-on/ up-sell.

Ingredients

Makes approx. 6-8 portions

- **Carême Spelt Butter Puff Pastry, cut into 7cm x 14 cm rectangles**
- 3 bunches baby 'dutch' carrots, stalks trimmed, carrots washed well
- 3 tbsp olive oil
- 1 tbsp harissa

- 1.5 cup natural Greek yoghurt
- 2 tbsp pesto or salsa verde
- 1 clove garlic
- ½ tsp ground cumin

- 4 small radish, thinly sliced
- ¼ cup pine nuts, toasted or crushed
toasted almonds

- Basic vinaigrette to serve
- Za'atar or dukkah to serve
- Pomegranate molasses to serve
- Mixed herbs, mint, coriander, dill, washed and picked

Method

- 1** Preheat an oven to 190°C fan-forced. Toss the carrots in the olive oil and harissa with a little salt. Scatter onto a baking paper lined tray and roast for 15 minutes, until slightly caramelised and soft, but not breaking. Allow to cool then transfer to a sealed container if storing in the fridge. If the carrots are a little fatter, cut in half down the middle.
- 2** Lay the cut pieces of pastry onto a baking tray lined with baking paper. Sprinkle with a little flake sea salt and cracked pepper.
- 3** Place cookie cutters that are approx. 1.5cm high in each corner of the tray and rest another tray on top. This is called semi suppressed baking where the top tray keeps the pastry from over puffing while cooking. Bake these for 15 minutes until golden and crisp then allow to cool completely before storing.
- 4** Mix the yoghurt, pesto, cumin, garlic and lightly season to taste.
- 5** To serve to order, lightly warm 6 or 7 pieces of carrot. In a mixing bowl add a handful of mixed picked herbs, some sliced radish and about 1-2 tbsp pine nuts.
- 6** Add the warm carrots to the bowl, a drizzle of basic vinaigrette or a squeeze of lemon and some extra virgin olive oil and a little seasoning and toss gently to dress.
- 7** Place a piece of cooked pastry onto a plate. Spoon over some yoghurt then top with the carrot salad, letting them fall off a bit. Finish with little za'atar or dukkah and drizzle of pomegranate molasses.



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