



Sweet Potato Tart

Overview

Difficulty: Hard

Servings: 8

Preparation Time: 1 hour

Cooking Time: 5 hours

Ingredients

Purple Sweet Potato Cream

450g Purple Sweet Potato Paste

75g Condensed Milk

20g Sugar

300g Heavy Cream

Crème d'Amande

180g Almond Powder

1 Tablespoon Milk Powder

90g Eggs (room temperature)

160g Unsalted Butter (room temperature)

½ Tablespoon Vanilla Extract

140g Sugar

Sweetened Cooked Sweet Potato

300g Sweet Potato

300ml Water

20g Sugar

20g Honey

54g Mirin

Pâte Sucrée

200g Pastry Flour

50g Bread Flour

180g Unsalted Butter (room temperature)

½ Tablespoon Salt

95g Sugar

½ Tablespoon Vanilla Extract

40g Almond Powder

1 nos Egg (room temperature, lightly beaten)

Custard Cream

10g Cornflour

10g Pastry Flour

200g Milk

½ Pod Vanilla Bean (slit lengthwise, seeds
scraped)

10g Sugar

30g Unsalted Butter

7g Salted Butter

45g Egg Yolks (room temperature)

43g Sugar

50g Milk

1. Methods for Purple Sweet Potato Cream

Step 1

Place the heavy cream, condensed milk, purple sweet potato paste and sugar into the MUM Series 2 Kitchen Machine mixing bowl. Using the whisk attachment, mix the ingredients together at high speed until stiff peaks form.

2. Methods for Sweetened Cooked Sweet Potato

Step 2

Wash the sweet potatoes and cut them into cubes. Leave the cubes in water for 10 minutes. Add the sweet potatoes and 300ml of water into a saucepan. Simmer on medium-high heat for 5 minutes.

Step 3

Add the honey and Mirin to the saucepan and continue simmering over low heat. The sweet potato cubes are ready when the water has almost completely evaporated.

3. Methods for Crème d'Amande

Step 4

Sift the almond powder and milk powder together, then set them aside. Beat the eggs lightly, then set them aside as well. Add the butter, vanilla extract and sugar into the MUM Series 2 Kitchen Machine mixing bowl. Using the whisk attachment, mix the ingredients together until the mixture turns smooth and pale in colour.

Step 5

Add the beaten eggs mixture, a third at a time, to ensure full incorporation after each addition. Fold in the dry ingredients with a rubber spatula. Stop as soon as the mixture is uniform.

Step 6

Leave the cream in a bowl and cover it tightly with a plastic wrap, pressing the plastic wrap onto the cream. Refrigerate the cream overnight.

Chef's Tip:

After adding the dry ingredients to the mixture, be careful not to overmix as the texture of the cream will be affected.

If you're preparing the Crème d'Amande ahead of time, refrigerate it overnight as usual before storing it in the freezer. The cream can be kept frozen for up to 1 month.

4. Methods for Pâte Sucrée

Step 7

Sift the pastry flour and bread flour together, then set aside. Add the butter, salt, sugar and vanilla extract into the MUM Series 2 Kitchen Machine mixing bowl. Using the whisk attachment, mix the ingredients together until the mixture turns smooth and pale in colour.

Step 8

Add the lightly beaten egg mixture, half at a time, into the mixing bowl. Using the whisk attachment, mix the ingredients together and ensure full incorporation after each addition. Add the almond powder and flour mixture into the mixing bowl and whisk until the mixture is uniform.

Step 9

Scrape the base and sides of the bowl with a rubber spatula. Stop as soon as the dry ingredients are no longer visible.

Step 10

Place the dough on a sheet of plastic wrap and cover it tightly. Refrigerate the dough overnight.

Chef's Tip:

Be sure to use a rubber spatula to incorporate the flour and stop as soon as the flour is no longer visible to prevent overmixing.

If you're preparing the Pâte Sucrée ahead of time, refrigerate overnight as usual before storing it in the freezer. The dough can be kept frozen for up to 1 month.

5. Methods for Custard Cream

Step 11

Sift the pastry flour and cornflour together, then set it aside. Add the 200g milk, vanilla seeds and pod, 10g sugar and butter into a saucepan. Heat the mixture in the saucepan over medium heat until the butter is melted and the sugar is dissolved, then set aside.

Step 12

Add the egg yolks and 43g sugar into the MUM Series 2 Kitchen Machine mixing bowl. Using the whisk attachment, mix the ingredients together until the mixture turns pale in colour. Add the sifted flours and whisk until fully incorporated. Add 50g milk and mix well. Add the mixture into the saucepan and mix again until the mixture is uniform.

Step 13

Strain the mixture into another saucepan and heat it over high heat. Whisk vigorously until the mixture thickens and bubbles throughout. Transfer the mixture to another MUM Series 2 Kitchen Machine mixing bowl.

Step 14

Prepare an iced water bath in a large bowl and place the mixing bowl with the mixture in it. Scrape the base and sides of the bowl with a rubber spatula until the custard cream is cold to the touch and the surface is shiny.

Step 15

Cover the cream with a plastic wrap, pressing down on the surface of the cream. Refrigerate for at least 1 hour before use.

The custard cream will remain fresh in the refrigerator for up to 2 days.

Chef's Tip:

The small amount of sugar added to the milk, vanilla and butter mixture at the beginning prevents the mixture from burning.

High heat and vigorous whisking are the keys to success when making custard cream.

6. Methods for Sweet Potato Tart

Step 16

Dust your table surface with flour and roll the Pâte Sucrée into a 0.5cm thick sheet. Using a 21cm cake ring, cut out a circle and press the dough into an 18cm tart tin. Refrigerate it for 30 minutes.

Step 17

Preheat your oven to 200°C using 4D Hot Air mode. Remove the tart tin from the refrigerator and cover the base of the dough with parchment paper trimmed to size. Fill the tin with dried beans or pie weights.

Step 18

Bake for 20 –25 minutes or until the rim of the tart shell starts to brown. Remove the parchment paper and beans or pie weights, then continue baking the tart shell for 10 – 12 minutes until it becomes golden brown. Remove the tart shell from the oven and leave it to cool.

Step 19

Preheat your oven to 170°C using 4D Hot Air mode. Pipe the Crème d’Amande into the tart shell and smoothen the surface using an offset spatula. Continue baking the tart for 30 minutes.

Step 20

Remove the tart from the oven and leave it to cool. Remove the tart from the mould.

Step 21

Assemble the tart by spooning some custard cream over the tart. Add some sweet potato cubes and pipe purple sweet potato cream over to cover the sweet potato cubes.

Step 22

Sprinkle the remaining sweet potato cubes over and dust with icing sugar.

Step 23

Refrigerate for 30 minutes before serving. Enjoy the sweet potato tart within the day!