



## TART WITH A RHUBARB HEART

As he prepares to head up to Manchester for The Food Awards England event, Tempest Restaurant @ Karma Salford Hall Head Chef James Woodhams shares one of the dishes that have made his name – a tangy, buttery and altogether irresistible rhubarb tart – what could be more classically English than that?!

### James Woodhams' Rhubarb Tart

#### Ingredients For Poached rhubarb

- 500g rhubarb
- 1 vanilla pod
- 50g caster sugar
- 250ml water
- 50ml ST Maur elderflower liqueur

#### Ingredients for crème patisserie

- 250ml Milk
- 4 egg yolks
- 2 tbsp caster sugar
- 1 tbsp cornflour
- 1 tbsp plain flour
- 1 block of puff pastry

#### How to prepare

- Peel Rhubarb, then cut into 10cm batons. In a saucepan bring water, liqueur, sugar and vanilla seeds to the boil. Add the rhubarb and simmer for 5 mins. Then allow rhubarb to cool in the syrup until needed.
- To make the crème patisserie, heat milk with vanilla pod in. In a separate bowl, whisk the egg yolks, sugar and flour together until pale. Whilst whisking the egg mixture, pour the hot milk over, continuously stirring. After they are mixed, strain through a sieve into a saucepan and place on a gentle heat, and stir until thickened. Then allow to cool.
- Roll out the block of puff pastry until it is about the thickness of a pound coin and cut into rectangles, about 20cm x 15cm. Spread cooled crème patisserie onto the pastry leaving a 5cm border, and place strained rhubarb batons on top, arranged in neat rows. Then brush egg wash onto exposed pastry, after place in the oven at 200°C for about 20mins or until the pastry is cooked. Once out of the oven brush some of the rhubarb syrup onto the tart to glaze, and add a sprinkling of icing sugar.