

Salt and Serenity

Rhubarb-Raspberry Meringue Tart

Tart dough recipe from Jim Dodge (The American Baker cookbook)

Meringue recipe from Stella Parks, at Serious Eats.

Pastry:

4 ounces unsalted butter, cold, cut into ½ inch cubes

1 1/8 cups all-purpose flour

1 ½ teaspoons sugar

1/8 teaspoon kosher salt

¼ cup ice cold water

Filling:

2 pounds rhubarb, cut into 2-inch lengths (if stems are really thick, cut in half lengthwise)

½ cup sugar

Zest of 1 orange

12 ounces (2 half pints) raspberries

2 Tablespoons almond flour (finely ground almonds)

Meringue:

6 ounces egg whites (2/3 cup), from 5 to 6 large eggs

9 ounces sugar (1 ¼ cups plus 1 tablespoon)

¼ teaspoon Diamond Crystal kosher salt; use half as much if iodized

¼ teaspoon cream of tartar

3 Tablespoons slivered almonds

¼ cup raspberries

1. Make pastry: Using the paddle attachment on the stand mixer, blend butter and flour at low speed until they resemble a coarse meal. Mix sugar, salt and water and add them to the flour mixture.
2. Stop once, soon after you stop mixing, to scrape the bowl and paddles. Blend only until the dough comes together. The dough will be moist, soft and smooth.
3. Roll dough between 2 sheets of parchment paper to ¼ inch thick circle. Carefully lift dough and line an 8-inch springform pan or a deep-dish tart pan, with removable bottom. After fitting the rolled dough into the tart pan, cut the overhang to 2 inches and fold it down inside the tart against the sides, to make the side walls double thickness. Prick dough with fork and put pan in fridge to chill for 30 minutes.

4. Prepare filling: Preheat oven to 325°F. Mix rhubarb, sugar and orange zest. Arrange in a single layer on a baking sheet and roast for 15 minutes, until rhubarb is soft when pierced, but is not falling apart. Transfer rhubarb to a sieve, set over a large bowl to allow excess juices to drain off.
5. Increase oven temperature to 400°F. Remove pastry from fridge. Line pastry shell with parchment paper and fill with dried beans or other pie weights. Blind bake for 20 minutes. Remove beans and continue baking for a further 15 minutes. Remove from oven and set aside. Reduce oven temperature to 325°F.
6. Make meringue: Fill a wide pot with at least 1½ inches of water. Place over high heat until steaming-hot, and then, adjust temperature to maintain a gentle simmer. Combine egg whites, sugar, salt and cream of tartar in the bowl of a stand mixer. Set over steaming water, and, using a flexible spatula, stir and scrape constantly, until egg whites hold steady at 175°F (79°C), between 8 and 10 minutes. Transfer to a stand mixer fitted with a whisk attachment and whip at high speed until meringue is glossy and beginning to ball up inside the whisk, about 5 minutes.
7. Sprinkle almond flour over the bottom of the tart shell. Mix drained rhubarb and 12 ounces of raspberries together and spread them out in an even layer over the ground almonds. Spoon or pipe the meringue over the filling. Bake in 375°F oven for 10 minutes, until meringue is lightly golden brown
8. Cool tart completely before removing from tart pan. Garnish with toasted slivered almonds and additional ¼ cup of berries.