



Dufour Pastry Kitchens Tart Shell Recipe Booklet

“Create Your Next Mastertreat, be it Savory or Sweet!”



Made in Bronx, NY, USA



All tart shells are certified Kof-K Dairy

It is our pleasure to present to our valued customers a collection of our favorite tart shell recipes — ranging from savory to sweet, appetizers, main courses, and desserts!

Our frozen, ready-to-bake, hand-made tart shells come in a variety of sizes and flavors, perfect for these recipes and beyond!

Known in the specialty food industry as ***“The Chef’s Secret Source,”*** Dufour Pastry Kitchens produces high quality, versatile products that truly inspire.

TART SHELLS

Traditional Pastry Shells

1 1/2” Traditional	case count 228
1 1/2” Traditional with lip	case count 228
3” Traditional	case count 112
4” Traditional	case count 120
5” Traditional	case count 80
6” Traditional	case count 100

Herb Pastry Shells

1 1/2” Herb	case count 228
3” Herb	case count 112

Corn Pastry Shells

1 1/2” Corn	case count 228
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Blue Corn Pastry Shells

1 1/2” Blue Corn	case count 228
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Pâte Sucrée Shells

1 1/2” Pâte Sucrée	case count 228
3” Pâte Sucrée	case count 112
4” Pâte Sucrée	case count 120

Bittersweet Chocolate Pastry Shells

1 1/2” Chocolate	case count 100
3” Chocolate	case count 112

Shredded Brussels Sprouts with Pancetta, Queso Blanco and Sun-Dried Tomatoes

Crisp Brussels sprouts, tangy sun-dried tomatoes and savory pancetta cubes pair perfectly with Dufour Pastry Kitchens' herb tart shells, creating a delightful hors d'oeuvre to pass around.

Yield: 24 tartlets

24 (1-1/2") herb tart shells, baked
according to package directions

Non-stick spray

1 egg white

1.5 ounces finely diced pancetta

1 ounce (2 tablespoons) olive oil

1 ounce finely chopped onion

5.5 ounces cored and thinly sliced

Brussels sprouts

1 ounce finely chopped sun-dried
tomatoes

1 teaspoon dried thyme leaves

4 ounces shredded queso blanco

1/4 teaspoon salt

Generous pinch medium grind black pepper

4 ounces whole milk

2 large eggs



Lightly spray the inside of the pans with non-stick spray. Brush the inside of each tart shell with a little egg white. Preheat the oven to 350 degrees.

In a large skillet, heat the oil over medium-high heat. Add the pancetta and oil and onion and sauté until wilted, about 1-1/2 minutes. Stir in the Brussels sprouts and cook until wilted and starting to brown, 3 to 4 minutes, stirring often. Remove from the heat.

In a small bowl, beat the milk and eggs together until blended.

Stir in the tomatoes, thyme, cheese, salt and pepper. Spoon .5 ounce filling into each tart. Add 1/2 tablespoon of the egg mixture into each tart. Place the filled tarts on a baking pan and bake for 11 to 12 minutes. Remove from the oven and let stand for 10 minutes.

Cremini, Corn, Red Pepper and Scallions with Ancho Chile Powder and Queso Blanco

This garden-fresh vegetarian hors d'oeuvre features cremini mushrooms with zesty South-of-the-Border flavors in Dufour's cornmeal tart shells.

Yield: 24 tartlets

24 (1-1/2") white cornmeal tart shells, baked according to package directions

Nonstick spray

1 egg white

2 ounces (4 tablespoons) olive oil

8 ounces trimmed and wiped cremini mushrooms, chopped medium-fine

3 ounces defrosted or canned corn kernels, well drained

2 ounces finely diced red bell pepper

1 ounce thinly sliced scallions

1 teaspoon dried oregano, preferably Mexican

1 teaspoon cumin

1/2 teaspoon salt

1/8 teaspoon ancho chili powder, or to taste

4 ounces whole milk

2 large eggs

3 ounces shredded queso blanco

Sriracha, or other hot sauce (optional)



Lightly spray the inside of the pans with non-stick spray. Brush the inside of each tart shell with a little egg white. Preheat the oven to 350 degrees.

In a large skillet, heat the oil over medium-high heat. Add the mushrooms and sauté until the pieces separate and give up their moisture, 2 to 3 minutes. Add the corn and red peppers and cook for 1 minute longer. Stir in the scallions, oregano, cumin, salt and chili powder. Set aside.

In a small bowl, beat the milk and eggs together until blended.

Spoon .5 ounce filling into each tart. Add 1/2 tablespoon of the milk-egg mixture into each tart. Top each with .1 ounce of cheese and bake on a sheet pan until the centers are set, about 12 to 13 minutes. Remove and let stand for 10 minutes. Serve with hot sauce, if desired.

Thai Curried Crab Tarts with Mango Salsa

Chunks of crab surrounded by a creamy Thai-spiced filling in Dufour's famous traditional tart shells and topped with a sweet and spicy mango salsa.

Yield: 24 tarts

1 ounce unsalted butter

6 ounces thinly sliced white and pale green parts scallions

24 ounces thick coconut milk not lite

8 large eggs

2 tablespoons lemongrass purée

1 tablespoon + 1 teaspoon Thai red curry paste

1 teaspoon salt

2 pounds fresh crabmeat, picked

1/4 cup loosely packed julienned basil leaves

24 (3") traditional tart shells, baked according to package directions

Mango Salsa

6 ounces peeled and finely diced ripe mango

4 ounces finely diced red bell pepper

2 ounces finely diced white onion

1/2 to 1 ounce finely chopped jalapeño

1 tablespoon finely chopped basil

1 ounce (2 tablespoons) freshly squeezed lime juice

1-1/2 tablespoons sugar, or to taste

Preheat the oven to 375 degrees. Put the pre-baked pastry shells on a baking sheet.

In a small skillet, heat the butter over medium-high heat. Add the scallions and cook until wilted, about 3 minutes, stirring often. Set aside.

In a bowl, stir together the coconut milk, eggs, lemongrass and curry paste until smooth. Add the scallions, crab and basil. Ladle 3 ounces of filling into each pastry shell and bake until the tops are slightly puffed and the center is almost set, about 30 minutes. Remove and let stand for 10 minutes before serving.

While the tarts bake, combine the mango, red pepper, onion, jalapeño, lime juice and sugar in a bowl and stir gently. Spoon a small spoonful of salsa in the center of each tart and, if desired, pass the remaining salsa.



Mexican-Style Duck Confit Tarts with Taco Garnishes

Tender shredded duck confit with classic Mexican seasonings, nestled in Dufour Pastry Kitchens' blue corn tart shells and topped with vibrant pickled onions and avocado crema, create a gourmet take on traditional taco flavors.



Yield: 24 tarts

8 ounces shredded boneless skinless confit of duck

6 ounces chicken stock

2 ounces rinsed canned black beans

2 ounces defrosted frozen or canned corn kernels

1 ounce finely chopped scallions, plus thinly sliced scallions for garnish

1 tablespoon adobo sauce from chipotles in adobo

1/4 teaspoon dried oregano leaves, preferably Mexican

1/2 teaspoon salt

1/16 teaspoon medium-grind black pepper

24 (1-1/2") blue corn tart shells, baked according to package directions

Pickled red onions

1 tablespoon vegetable oil

5 ounces red onion, thinly sliced

1 ounce (2 tablespoons) red wine vinegar

2 teaspoons sugar

1/4 teaspoon dried oregano

Avocado Crema

1 large ripe avocado, peeled and seeded

1 clove garlic, chopped

1/4 cup Mexican crema or crème fraîche

1+ tablespoon freshly squeezed lime juice

1-1/2 teaspoons ground cumin

1/4 teaspoon salt

Thinly shredded white cabbage, to garnish

Crumbled queso fresco, to garnish

Continued:

Preheat the oven to 350 degrees.

In a skillet, combine the duck, stock, black beans, corn, adobo sauce, and salt and pepper; cook over medium heat until most of the liquid evaporates, stirring occasionally, about 3 minutes.

Place the tart shells on a flat baking pan. Spoon .6 ounce of the mixture into the tart shells and bake until hot and bubbling, about 10 minutes.

Meanwhile, prepare the Pickled Red Onions and Avocado Crema.

For the onions: in a skillet, heat the oil over medium heat. Add the onions and sauté until wilted. Add the vinegar, sugar and oregano and gently boil until the liquid has evaporated, stirring often.

For the avocado crema: combine the avocado, garlic, crema, lime juice, cumin and salt in a blender or food processor and purée until smooth.

To assemble: add a small amount of pickled onions and sliced cabbage to each. Spoon on a rounded teaspoon of avocado crema, add a pinch of crumbled queso fresco and a few thinly sliced scallions. Extra garnishes may be served on the side.



Belgian-Style Beef Stew in Cherry Beer

Tender, slow-cooked beef cubes simmered in cherry beer with dried cherries, mushrooms, and bacon in Dufour's traditional tart shells makes for a meaty and robust meal.

Yield: 24 tarts

5.5 pounds well-trimmed lean beef stew, cut into 1-inch cubes

Flour for dredging, plus 5 tablespoons flour

5 ounces each unsalted butter and vegetable oil

Salt and freshly ground black pepper

1 pound thick-sliced bacon, cut into 1/2-wide strips

1.5 pounds diced onion

2 quarts cherry beer, such as Belgian

Kriek lambic or John Adams Cherry White

10 ounces veal demi-glace or rich beefstock mixed with 1.5 quarts water

12 ounces dried tart cherries

8 ounces pitted prunes coarsely chopped

1-1/2 cups chopped flat-leaf parsley

3/4 cup chopped fresh sage leaves

2 tablespoons fresh thyme leaves, plus 24 small sprigs for garnish

1.5 pounds shiitake mushrooms, stems removed, thickly sliced

1 to 2 tablespoons balsamic vinegar (optional)

24 (5") traditional tart shells, baked according to package directions

3 ounces crème fraîche, for garnish

Dredge the pieces of meat in flour, shaking off any excess. In a large heavy casserole that will hold the meat in a single layer, heat the butter and oil over medium-high heat. Add the pieces and sauté until golden brown, taking care not to crowd. Do this in batches, if necessary. Remove with a slotted spoon and season liberally with salt and pepper.



Add the bacon and cook until the pieces begin to separate. Stir in the onion and cook over medium heat until limp, stirring often. Return the meat to pan, sprinkle the remaining flour over the meat and onions, and cook until the flour is lightly colored, 3 to 4 minutes, turning from time to time.

Slowly stir in the beer, scraping up any browned cooking bits. Add the diluted demi-glace or stock, cherries, prunes, parsley, sage, and mushrooms. Reduce the heat, cover, and simmer until the meat is very tender, about 1-1/2 hours, and the sauce has thickened. Stir in balsamic vinegar to taste, if using, taste to adjust the seasoning and spoon 5 ounces of the mixture into each tart shell. Bake until hot and bubbling. Garnish each tart with a dollop of crème fraîche and a thyme sprig before serving.

Lavender-Scented White Wine Mousse with Sugar Coated Grapes

White wine infused with fresh lavender blended into a fluffy mousse, served in Dufour's famous traditional tart shells, and topped with a sugared grape is the sophisticated treat for any season.

Yield: 24 tartlets

4 large eggs, at room temperature

3.5 ounces (1/2 cup) granulated sugar

4 teaspoons cornstarch

12 ounces dry white wine, such as Sauvignon Blanc, plus a little extra to dissolve the gelatin

1-1/2 teaspoons granulated gelatin

1-1/2 teaspoons dried lavender

Pinch cream of tartar

24 (1-1/2") traditional tart shells, baked according to package directions

3.5 ounces (1/2 cup) superfine sugar

24 small red grapes with stems attached

3 ounces heavy cream

2 tablespoons sugar



Separate the eggs. In a heavy saucepan, whisk the four egg yolks and sugar together until smooth and pale yellow. Stir the cornstarch into the wine, pour into the eggs and bring the mixture to a boil over medium-high heat for 1 to 2 minutes.

Dissolve the gelatin in a little reserved wine or water. When softened, add it to the wine mixture and stir to blend well. Remove the pan from the heat, add the lavender and stir until cool and thick, about 15 minutes. Pour into a clean bowl through a fine sieve to remove the lavender.

Add the cream of tartar to two of the egg whites and beat until stiff but not dry. Using a rubber spatula, gently fold the whites into the wine mixture, mixing until just blended. Fill each tart shell with about 1 tablespoon of the mixture, cover and chill until firm, about 4 hours.

In a flat dish, beat one of the remaining egg whites with a pinch of salt until just frothy. Pour the sugar into another flat dish. Dip each grape in the egg white, then into the sugar, forming a thin coating. Put on a plate to dry, then remove the stem.

In a bowl, beat the cream and sugar until stiff. Using a pastry bag fitted with a small decorative star tip, pipe a small rosette onto each tartlet and place a frosted grape on it.

Poached Pear Tarts in Sage Custard

Wine-poached sweet pears in a fragrant sage custard set in Dufour Pastry Kitchen's sweet tart shells is an elegant, contemporary treat.

Yield: 24 tarts

Sage Pastry Cream (Yield: 24 ounces)

12+ ounces whole milk
.1 ounce (about 12 large) sage leaves, roughly chopped, plus 48 small sage leaves for garnish
7 extra-large egg yolks, at room temperature
6 ounces granulated sugar
1.25 ounces (about 3-1/2 tablespoons) cornstarch
2 tablespoons unsalted butter
1-1/2 teaspoons pure vanilla extract
1 teaspoon finely grated lemon zest

For the pears:

1 liter Riesling wine mixed with 4 cups water (or all water)
3 cups granulated sugar
3 (4-inch) cinnamon sticks
4 large strips lemon zest
12 firm but ripe Bosc pears, peeled, halved and cored
14 ounces superfine sugar
2 egg whites, lightly beaten with a pinch of salt
2 cups strained apricot preserves, heated
24 (4") pâte sucrée tart shells, baked according to package directions

Make the custard: In a small heavy saucepan, combine the milk and sage leaves, bring to a simmer over high heat; cover and refrigerate overnight. The next day, remove the sage leaves and return the milk to a simmer.

In a large, deep bowl, combine the egg yolks and sugar. Using an electric hand mixer, beat on medium-high until the yolks are pale yellow and thick. Add the cornstarch and beat on low speed until blended.

Using a fine sieve, strain the milk into a measuring cup, pressing to extract as much liquid as possible. Add additional milk to make 12 ounces, if needed. Slowly pour the hot milk into the egg mixture, beating on low speed until blended.

Clean the pan and return the custard mixture to it. Cook over low heat, stirring constantly with a wooden spoon until it thickens, about 5 minutes. Once the custard just comes to a boil, immediately switch to a whisk and beat continuously.



Continued:

Keep beating for another 2 minutes. The custard will be very thick. Add the butter and vanilla and pour through a sieve into a bowl. Stir in the lemon zest. Place plastic wrap directly on the custard and refrigerate until cold.

For the pears: In a large saucepan, combine the water, sugar, cinnamon stick, and lemon zest and bring to a simmer over medium heat to dissolve the sugar. Cook the poaching liquid for 3 minutes, add the pear halves, reduce the heat to low, cover, and poach until almost tender, about 8 minutes. Check for doneness with the tip of a small knife. Do not overcook. The pears should be firm, not soft. Remove and blot dry on paper towels.

For the sage leaves: Pour the sugar into a shallow dish. Lightly brush the sage leaves with the egg white and shake in the sugar until coated. Remove to a cooling rack and dry until hard, about an hour.

To assemble: Brush each tart shell with a little of apricot preserves. Spread 1 ounce of pastry cream in the bottom of each tart shell. Thinly slice each pear crosswise, removing the thin end and reserving to fill up the space around the tart shell. Brush the pears with some of the remaining melted preserves and garnish each tart with 2 candied sage leaves.



Green Tea and Candied Ginger Mousse with Coconut Streusel Topping

Cool green tea and flavorful ginger mousse with a crunchy coconut streusel in Dufour's sweet tart shell satisfies all the senses!



Yield: 24 tartlets

Scant teaspoon powdered gelatin

4 ounces thick coconut milk not lite

1.75 ounces (4 tablespoons) granulated sugar, plus .5 ounce for whipped cream garnish

1/2 teaspoon matcha green tea, sifted

1/2 teaspoon ground ginger

3 large egg yolks

4.5 ounces heavy cream, plus 2 ounces cream for garnish

.5 ounce finely minced candied ginger

2 teaspoons all-purpose flour

24 (1-1/2") pâte sucrée tart shells, baked according to package directions

Streusel (recipe below)

Put the gelatin in a small cup and pour on 2 tablespoons of boiling water to soften. Meanwhile, in a small saucepan, heat the coconut milk over medium-high heat until small bubbles form at the edge of the pan. Whisk in the sugar, green tea and ginger to blend.

In a bowl, beat the egg yolks until smooth and pale yellow. Whisk in half of the hot coconut milk mixture and return the yolks to the pan; cook over low heat, stirring continuously, until the mixture thickens and coats the back of a wooden spoon, 3 to 5 minutes. Stir a little of the hot liquid into the gelatin mixture, blending well, then scrape it back into the pan and cool to room temperature.

Beat the cream into soft peaks. Strain the tea mixture into the bowl and gently fold to blend well. Toss the ginger with the flour and fold into the mixture. Spoon 1 tablespoon of the filling into each tart shell. Chill until firm, about 2 hours.

Prepare the Streusel (recipe to the right)

Beat remaining heavy cream and sugar into stiff peaks and fill a small pastry bag fitted with a star tip. Pipe a small rosette in the center of each tart and drizzle a little streusel on top.

Streusel

1 ounce light brown sugar

1 ounce all-purpose flour

1 ounce unsweetened flaked coconut, toasted

1/2 teaspoon salt

1/4 teaspoon ground ginger

1 ounce cold unsalted butter

In a food processor, blend the brown sugar, flour, coconut and salt. Add the butter and pulse until the mixture resembles medium-size meal. Scrape into a bowl, cover and refrigerate.

Mexican Orange-Chocolate Tarts with Candied Orange Zest Garnish

Decadent and rich Mexican chocolate cream with hints of orange in Dufour's chocolate tart shells finished with a pop of color and citrusy zest.

Yield: 24 tartlets

26 ounces Ibarra Mexican chocolate, broken into pieces

28 ounces heavy cream, plus 8 ounces for topping

1-1/2 tablespoons pure vanilla extract, plus 1/2 teaspoon for topping

2 teaspoons orange extract

1/4 teaspoon salt

24 (3-inch) chocolate tart shells, baked according to package directions

Candied orange zest:

3.5 ounces (1/2 cup) granulated sugar, plus 2 teaspoons for the cream for the garnish

Zest of 2 oranges with no pith, cut into fine matchsticks

In a glass bowl, microwave the chocolate over medium-low heat until just softened. In a medium saucepan, heat the cream to a simmer over medium-low heat. Add the chocolate and stir until smooth. Add the vanilla, orange extract and salt. Stir to be sure the mixture is well blended. Ladle 2 ounces of filling into each tart shell. Refrigerate until firm, 2-1/2 to 3 hours.

Meanwhile, blanch the orange zests in boiling water for 30 seconds. Drain. In a small saucepan, combine the sugar, 1 tablespoon of water and the zests. Simmer until the sugar melts and coats the orange peel, 10 to 15 minutes. Remove to a waxed-paper-lined plate, separate the strands and cool.



Beat the remaining heavy cream, sugar and vanilla into stiff peaks. Fill a pastry bag fitted with a star tip and pipe a small rosette in the center of each tart and add a few orange strands.

Ricotta Tartlets with Sour Cherries and Chocolate Chips

These tempting mini ricotta cheesecakes are laced with tart dried cherries and sweet chocolate morsels set in Dufour's chocolate tart shells.



Yield: 24 tartlets

8 ounces dried tart cherries, plus 24 cherries for garnish

2 teaspoons flour

2 (32-ounce) containers whole milk ricotta

4 large eggs

10.5 ounces (1-1/2 cups) granulated sugar, plus 2 tablespoons for the whipped cream garnish

1-1/2 tablespoons grated lemon zest

2 teaspoons pure vanilla extract

8 ounces mini chocolate chips

24 (3-inch) chocolate tart shells, baked according to package directions

1 cup heavy cream

1 tablespoon limoncello (optional)

Small mint leaves, to garnish (optional)

Preheat the oven to 300 degrees. Coarsely chop the cherries and toss with flour to coat. Set aside.

In a bowl, beat the ricotta until smooth. Stir in the sugar, lemon zest and vanilla. Add the chocolate chips and cherries and stir to blend. Ladle 2 ounces of filling into each tart shell and bake for 30 minutes or until the centers are just set. Remove and let stand or refrigerate until cool.

Beat the heavy cream into soft peaks. Add the limoncello, if using, and sugar and continue whipping into firm peaks. Pipe a small rosette in the center of each tart, add a cherry and mint leaf and serve.



