



This recipe, just remastered, is a tribute to my first master, Claude Bourguignon, with whom I trained along with Christophe Felder, Gilles Marchal, etc. A man who, with his delicacy, his natural elegance, his high standards, his extreme attention to detail, left a lasting impression on us and to whom I owe a great deal, beyond the world of pastry. This tart, with its almost child's-play simplicity, still moves the gourmets of Metz where he practiced his talents. Each time I visit this beautiful city, at his daughter Violaine's who took over this beautiful Maison, I can't help but savor one. And it is a bit of my pastry genes that I find again.

CLAUDINE

SAME DAY

*Make the pâte sablée and cottage cheese foam and assemble.
Serve after a minimum of 1 hour in the refrigerator
and 30 minutes at room temperature.*

YIELD: 1 TART, 20 TO 22 CM WIDE AND 4 CM HIGH, SERVING 6 TO 8 PEOPLE

220 g T55 flour	43 %
40 g de-oiled pecan powder	7.8 %
2 g salt	0.4 %
90 g confectioners' sugar	17.6 %
60 g butter, diced	11.7 %
50 g almond oil	9.8 %
50 g egg whites	9.8 %

½ untreated bergamot zest	
250 g cottage cheese, 3 % fat, beaten	55.6 %
15 g caster sugar	3.3 %
20 g cornstarch	4.4 %
100 g egg whites	22.2 %
65 g caster sugar	14.4 %

PECAN PÂTE SABLÉE

Sand the powdered ingredients with the chilled, diced butter and the almond oil.

Once the mixture is lump free, add the egg whites and stop mixing as soon as you obtain a homogeneous dough.

Reserve in the refrigerator or roll out immediately.

COTTAGE CHEESE FOAM WITH BERGAMOT OR LEMON ZEST (OVERRUN: 173 %)

Wash the bergamot and, using a zester, remove the zest from half the fruit.

In a saucepan, combine the cottage cheese, the 15 g of caster sugar, the cornstarch and the zest.

Bring to a boil over a low heat and keep boiling for 2 to 3 minutes, while stirring with a whisk. The cream should thicken gradually and eventually become smooth and glossy, then it is cooked.

In a mixer fitted with the whisk attachment, whip the egg whites with the remaining sugar to soft peaks. The egg whites should be whipped while the cream is cooking so that they are ready to be folded in as soon as the cream is cooked. Once the cream is cooked and hot, whisk vigorously one third of the egg whites to avoid lumps from forming. Then fold in the rest of the egg whites and mix with a rubber spatula. The cream should be smooth, shiny, light and still very hot.

CLAUDINE

MONTAGE AND FINISH

Roll out the dough to a thickness of 3 to 4 mm. Let it rest for about 1 hour in the refrigerator and then fit into buttered rings, 20 to 22 cm wide and 4 cm high (approximately 150 to 200 g of dough per ring).

Bake in the oven, ideally on a perforated silicone mat to ensure a more even cooking, at 150 °C for 20 to 25 minutes, until a nice golden brown color is obtained.

Make the cottage cheese foam and pour immediately into the already baked tarts, allowing about 450 g per tart. With the help of a rubber spatula, create a few reliefs on the surface to increase the gourmandise and then burn with a blowtorch or under the broiler.

You may want to sprinkle with a little confectioners' sugar to imagine seeing the Mont Blanc! This tart cannot be frozen.

This pâte sablée is a hybrid version which combines butter and oil. The butter provides a crumbly texture, the “sablé” side. The oil adds flavor and limits the amount of saturated fat. It provides a crispness that contrasts with the airy cottage cheese mix! The almond oil brings roasted notes and the de-oiled pecan powder a delicate fragrance. The cottage cheese foam is very generous: nice portions can be made without being unreasonable (less than 75 g if you cut the tart into six!). The mixture of egg whites, cornstarch and cottage cheese gives a sour taste, and is less rich in mouth than a cottage cheese tart

Bonus: by using egg whites only, all the aromatic finesse of the cottage cheese is revealed, as well as its natural acidity and the fragrance of the lemon zest.

(cream whipped to 220 %). This cheese foam, whipped to 173 %, is almost identical in calories, but contains more protein and carbohydrates (mainly due to the starch content). Still in comparison with the whipped cottage cheese tart, the amount of fat is three times lower (2 g vs. 5 g) and contains three times less saturated fatty acids. The chemical description is very close to that of a “soufflé”: a mixture thickened with starch (like a crème pâtissière) into which whipped egg whites are incorporated (here, a meringue, although the chemical characteristics are the same)!

