

YOGURT TART

(slightly modified from [Cooking Me Softly](#))

for Sablé Breton:

80 g egg yolks
100 g granulated sugar
125 g very soft butter
125 g pastry flour
2 g salt
5 g baking powder
grated lemon peel (1 lemon)
MyCryo cocoa butter (optional)

for white chocolate ganache:

340 g Lindt white chocolate
85 g heavy cream

for yogurt mousse:

120 g full-fat Greek yogurt
30 g granulated sugar
15 g of lemon juice, sieved
240 g fresh cream
6 g gelatin, 200 bloom
18 g cold water for gelatine hydration

for decoration:

small meringues
Gold dust
sprinkles of choice

Make the cookie base. In a Kitchen Aid type mixer, whisk the yolks with sugar and lemon zest until pale. Replace the whisk with the leaf beater, add the sifted flour with baking powder, salt, and then the butter. Mix well until creamy. Place in a piece of plastic wrap, form as a disc and refrigerate for 8 hours.

Roll between two sheets of parchment paper to 1 mm thickness and put in the fridge for another hour, as you heat the oven to 350 F.

Cut a disc of dough with a 20 cm ring (7 + 3/4 in), and bake inside the ring for 20 to 25 minutes. Remove from the oven, and while still hot sprinkle MyCryo over the surface. Allow it to cool completely. Before continuing with assembling, place the base inside the ring and add a band of acetate around it so that the ganache will be poured nicely on top. I like to use a ring that is adjustable, so that I can tighten it better around the base. Often the base shrinks a little during baking.

Make the chocolate ganache. Melt the chocolate gently in the microwave or in a double boiler. Heat the cream to simmering (about 175 F). Add to the chocolate in three additions, whisking gently to fully incorporate the chocolate and the cream. Reserve. Cool to about 90F before pouring into the cool base. Place in the fridge to cool completely and then in the freezer overnight.

Make the yogurt mousse. Hydrate the gelatin in the water indicated in the recipe. Heat part of the yogurt with the sugar to about 140 F. Melt the gelatin heating gently for a few seconds in the microwave (do not boil it). Add the melted gelatin to the warm yogurt/sugar mixture.

Add the lemon juice, the remaining cold yogurt and mix. Whip the cream to the consistency of melted ice cream, and fold gently into the yogurt base. Spoon the mousse into a piping bag (no need for a piping tip) and fill half-sphere molds (3.4 and 5 cm in diameter), smoothing the surface well. Put in the fridge to cool and then freeze overnight.

Assemble the tart. Remove the base with chocolate ganache from the freezer, place in a serving tray and remove the acetate. Arrange the mousse spheres of different diameters over the ganache. Decorate with mini-meringues plain and painted with gold spray. Put in the fridge for about 6 hours to allow the ganache to soften and the mousse to thaw.