THE ASSUMPTION OF MARY · AUGUST 15

Summer fruit tart for the Assumption

Prep 30 min **Cook** 22 min **Chill** 1 hr 30 min **Total** 2 hr 22 min **Makes** One 9-inch (23 cm) tart, 8 slices
Level Easy

ADULT SUPERVISION REQUIRED

Cooking is for children and grown-ups together. An adult should supervise at all times and handle the oven, stovetop, knives, and anything hot. A grown-up slices and pits the fruit with a sharp knife. Cut grapes, cherries, and large berries into small pieces for young children, since whole round fruit is a choking hazard.

ALLERGY INFORMATION

Contains wheat (gluten) and milk. Always read ingredient labels, since brands vary, and ask about food allergies before you cook or share.

INGREDIENTS

Press-in crust

- 1¼ cups (160 g) all-purpose flour
- ¼ cup (50 g) sugar
- ¼ tsp salt
- ½ cup (115 g) butter, melted
- ½ tsp vanilla extract

Filling

- 8 oz (225 g) cream cheese or mascarpone, softened
- ⅓ cup (40 g) powdered sugar
- 1 tsp vanilla extract and the grated zest of ½ lemon
- ½ cup (120 ml) cold heavy cream

Topping

- 3 cups (about 450 g) summer fruit: berries, sliced peaches, plums, or kiwi
- 3 tbsp apricot jam warmed with 1 tsp water
- A few small mint or lemon balm leaves

METHOD

1. Heat the oven to 350°F (175°C). Stir the flour, sugar, and salt in a bowl, then stir in the melted butter and vanilla until it looks like soft cookie dough.
2. Press the dough evenly over the bottom and up the sides of a 9-inch (23 cm) tart pan with a removable bottom. Prick it all over with a fork.
3. Bake 20 to 25 minutes, until golden. Cool completely, about 30 minutes.
4. Beat the cream cheese, powdered sugar, vanilla, and lemon zest until smooth. Add the cold cream and beat 2 to 3 minutes, until thick and fluffy. Spread it into the cooled crust.
5. Arrange the fruit on top in circles or a pattern of your own.
6. Brush the fruit with the warm apricot jam so it shines, tuck in a few mint leaves, and chill at least 1 hour before slicing.

LITTLE HELPERS CAN (WITH A GROWN-UP)

- Press the crust into the pan
- Wash and arrange the fruit
- Brush on the shiny jam glaze
- Pick herbs or flowers for a little bouquet for Mary

GOOD TO KNOW

- Assemble the tart up to 6 hours ahead and keep it in the fridge.
- Bring a small bundle of garden herbs to Mass on August 15 and ask whether your parish blesses them.

A BLESSING BEFORE WE EAT

Bless us, O Lord, and these thy gifts, which we are about to receive from thy bounty, through Christ our Lord. Amen. Queen assumed into heaven, pray for us.