

THREE SEASONS AYURVEDA



10" Croustade



Muffin Pan Croustade

Pear & Cranberry Croustades

Croustade Dough (Makes 2 large or 8 small)

Equipment Needed

Large Bowl

Ingredients

2 cups flour
2 sticks unsalted butter
¼ cup powdered sugar
1 each whole egg
1 tablespoon whole milk
¼ teaspoon salt
¼ teaspoon vanilla extract

Directions:

Leave the butter out so it is room temperature.

Sift the flour, sugar and salt and mix together.

Using your hands incorporate the butter into the dry products.

Whisk the egg with vanilla and fold this into the flour mixture.

If very sticky add a handful of flour until it starts to release from the hands, put on a floured surface and kneed into a ball, put in a bowl and place in refrigerator for 1 hour.

Roll out to ¼" thickness, cut into appropriate size pieces depending on what size molds you are using.

Lemon Curd

Equipment Needed

2 quart sauce pot
Whisk

Ingredients

¾ cup fresh lemon juice
1 Tablespoon of lemon zest
¾ cup of sugar
3 each eggs
½ cup of butter

Directions

In sauce pan, combine lemon juice, lemon zest, sugar, eggs and butter.

Cook over medium heat until thick enough that the whisk leaves a trail and the first bubbles appear, about 6 minutes. Set aside, let cool.

Cranberry Compote

Equipment Needed

1 medium/large sauce pot
Heat resistant spatula

Egg, Extra Large 1 Each	
Calories	80
Total Fat	5g
Carbohydrates	.5g
Sugar	.4g
Protein	7g

Milk, Whole 1 Cup	
Calories	151
Total Fat	8g
Carbohydrates	11g
Sugar	11g
Protein	8g

Ingredients

1 each package (12oz.) frozen cranaberrys (unless during the fall, you will find fresh)
1/2 cup of orange juice
1 cup sugar (you can adjust depending on personal preferences)

Directions

Place cranberrys and orange juice in pot, bring to a boil and then turn down to a simmer.
Keep the pot UNCOVERED so the liquid evaporates, but watch for splaterring, so be careful.
At 20 minutes add the sugar and stir, continue cooking, making sure it does not burn.
Once done, turn off, let cool off and place in a container.

Pears

Equipment Needed

Knife
Saute pan
Bowl

Ingredients

6 each D'Anjou Pears
1/4 teaspoon of cinnamon
1/2 stick butter

1/2 cup sugar
2 Tablespoons of lemon juice

Directions

Peel the pears, cut them in 1/4's length wise and then remove the core.
Cut each quarter into 1/4's and then cut into 1/2 dice, and toss in the lemon juice so they do not brown.
Melt the butter in the saute pan, add the pears, continue cooking for about 2 mintues, stirring and then add the sugar and cinnamon, cook for about 5 mintues until the sugar reduces to golden brown, set aside.



Silicon Muffin Pan on Amazon

Egg Wash

Equipment Needed

Bowl or cup
Pastry brush
Whisk

Ingredients

1 egg

Directions

Whisk egg and paint the pastry dough before baking

Assembly and Baking – (If making a large croustade)

Roll pastry dough out to 1/4" thickness,
Cut the pastry dough into a 10" round for a large croustade or 5" sizes for the minis.
For the large size, place the dough on a parchment paper and sheet pan and for the minis mold them into the muffin pans.
Spread a thin layer of the lemon curd on the dough,
Arrange the cooked pears in the middle and top with a spoon full of the cranberry compote,
Next, fold the sides of the pastry dough up, over lapping the ends (see picture above), making a rustic open croustade (tart / pie).
Paint the croustade with the egg wash and then bake in oven at 350 degrees for 20 minutes, then turn the pan around and bake for another 15 minutes.
Let cool.



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