

Berry-Anko Lattice Tart ベリーあんこ格子タルト

Serves: 8–10 | Pan: 22 cm quiche pan or tart pan | Oven: 190°C



Ingredients

Filling:

- 300–350 g koshian (smooth sweet red bean paste) こしあん
- 250–300 g frozen mixed berries (冷凍ミックスベリー)
- 25 g cornstarch コーンスターチ
- Zest of 1 lemon レモン皮
- 1–2 T lemon juice レモン汁
- Pinch salt + pinch MSG 塩+MSG
- 25–30 g walnuts, chopped (くるみ)

Pastry:

- 2 frozen pie sheets or pie dough sheets 冷凍パイシート
- 1 egg yolk (卵黄)
- 1 tsp water

Instructions

1. Thaw **pie sheets** according to package directions.
 - Keep chilled but workable.
2. In a microwave-safe bowl combine **koshian, berries, cornstarch, lemon zest, lemon juice, salt + MSG**.
3. Stir thoroughly.
 - Some frozen berry chunks are fine.
4. Microwave at **600W** for **1 minute**.
 - Stir well after heating.
5. Repeat heating in **1-minute intervals** until thickened.
 - Usually **4–5 minutes total**.
 - Texture should resemble thick jam.
6. Stir in chopped **walnuts**.
7. Cool filling completely.
 - **Refrigerating 20–30 minutes** helps handling.
8. Lightly grease a 22 cm tart or quiche pan.
9. Roll or press one pie sheet into pan.
 - Cover bottom and sides evenly.
10. Spread cooled filling evenly into crust.
11. Cut remaining pastry into strips and form lattice pattern.
12. Mix **egg yolk** with **water** and brush over lattice.
13. **Refrigerate tart 10–15 minutes** while oven preheats.
14. Preheat oven to **190°C**.
15. Bake **40–50 minutes** until golden brown.
 - Filling should bubble lightly near edges.
16. **Cool at least 1 hour** before slicing.
 - For cleanest slices, chill completely before serving.

Nutrition

Per serving (10 servings): Kcal: 250 | Protein: 4 g | Fat: 11 g | Sat Fat: 3 g | Carbs: 35 g | Sugars: 14 g | Fiber: 4 g | Sodium: 160 mg | Omega-3: 0.3 g

Total tart: Kcal: 2500 | Protein: 40 g | Fat: 110 g | Sat Fat: 30 g | Carbs: 350 g | Sugars: 140 g | Fiber: 40 g | Sodium: 1600 mg | Omega-3: 3.0 g

Notes

- Pie dough works better than puff pastry because the filling is moist and soft.
- Blueberries and raspberries work especially well here.
- The tart is intentionally only mildly sweet.
- Walnuts add excellent earthy flavor and texture.
- Refrigerated tart slices very cleanly.

Serving Notes

- This tart is excellent slightly chilled.
 - The flavor becomes more integrated after resting overnight.
 - Particularly good with coffee or tea.
 - Also pairs well with a small spoonful of Greek yogurt or lightly sweetened whipped cream.
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Freezing & Storage Guide

冷凍・保存ガイド

Why This Tart Freezes Well

- The koshian (smooth sweet red bean paste) stabilizes the berry filling.
- Cornstarch helps prevent watery separation after thawing.
- The filling contains less free liquid than a typical berry pie.
- Texture remains soft and smooth even after freezing.

Best Freezing Method

1. Bake the tart completely and allow it to cool fully.
 - For best results, refrigerate before freezing.
2. Slice the tart before freezing.
 - This works especially well for smaller households.
 - Individual slices thaw more evenly.
3. Wrap slices tightly.
 - Use plastic wrap first.
 - Then wrap with foil or place in airtight container.
4. Freeze immediately after wrapping.

Freezer Storage Time

- Best quality: within 1 month
- Still acceptable: up to 2 months

- Longer storage may soften pastry and dull berry flavor

How to Thaw

1. Transfer slices to refrigerator overnight.
2. Optional: warm briefly in oven.
 - 160°C for 5–8 minutes
 - This refreshes the crust texture.
3. Avoid microwaving directly from frozen.
 - Microwaving can make the crust soggy.