

Foodnity Recipes

Mango Curd Tart Recipe

Buttery crust, silky mango curd, and a hint of citrus make this tart a simple, elegant treat.

20 min Prep time	**25 min** Cook time	**45 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Crust

- [ ] 1 1/4 cups all-purpose flour
- [ ] 1/4 cup powdered sugar
- [ ] 1/4 teaspoon salt
- [ ] 1/2 cup cold unsalted butter, cubed
- [ ] 2 tablespoons ice-cold water

Mango Curd

- [ ] 2 cups ripe mango puree (about 3 large mangoes)
- [ ] 3 large egg yolks
- [ ] 1/3 cup granulated sugar
- [ ] 2 tablespoons fresh lemon juice
- [ ] 1 tablespoon cornstarch
- [ ] 1 teaspoon vanilla extract

Optional Topping

- [ ] Fresh mango slices
- [ ] Mint leaves
- [ ] A drizzle of honey

Instructions

1. Preheat oven to 350°F (175°C). In a bowl, whisk flour, powdered sugar, and salt; cut in cold butter until mixture resembles coarse crumbs.
2. Add ice-cold water a tablespoon at a time, mixing just until the dough comes together. Press into a 9-inch tart pan, prick bottom with a fork, and chill 10 minutes.
3. Blind-bake the crust on parchment with pie weights for 12-15 minutes, until golden. Remove weights and let the crust cool completely.
4. In a saucepan, whisk mango puree, sugar, lemon juice, and cornstarch. Heat gently, stirring, until thickening; temper in egg yolks by whisking a spoonful of hot mango mixture into them, then return to pan.
5. Cook the curd over low heat, stirring constantly, until it coats the back of a spoon (about 5-6 minutes). Remove from heat, stir in vanilla, and let cool slightly.
6. Pour the warm mango curd into the cooled crust, smooth the top, and refrigerate for at least 2 hours to set. Garnish with fresh mango slices and a mint leaf before serving.

Nutrition per serving

380 kcal	4 g	46 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the crust browns too quickly, cover edges with foil.
- Taste the curd before setting; adjust sweetness with a pinch more sugar if needed.
- For extra shine, brush the top with a thin glaze of warmed mango puree.