

Or make a free form tart by rolling the pastry out, brushing with some of the egg left over from making the pastry. Once it's dried a little, simply spread the jelly over the base gently, leaving about 30cm clear around the edge. Spread the fruit over the jelly, keeping the edge clear. Top with the frangipane filling. Fold over the edges, pressing lightly to seal. Brush the edges with the last of your egg. Sprinkle over your chosen topping. To bake place the ring part of a spring-ring cake tin over the tart to stop it spreading too much. Works well. Super easy.



Frangipane Tart

A perfect base to showcase seasonal fruit.

Pastry

- Goodness Flour Wholegrain Spelt Pastry Mix
- 130g butter (I use salted)
- 85g crème fraîche
- 1 large, free range egg (lightly beaten)
- 1 - 2 tbsp water - ice cold
- 1 tbsp sugar (I use coconut)

Frangipane filling

- 70g butter (melted, & then cooled slightly)
- 40g wholegrain spelt flour
- 105g almond meal
- 70g brown sugar
- 1 tsp baking powder

- Lemon zest to taste

- 1 tsp pure vanilla
- 3 large, free range eggs (lightly beaten)

Tart filling

- 3 tsp jelly / jam to complement your chosen fruit
- 350g fresh fruit, fairly finely diced (apples / pears / cherries / plums / poached quinces all work well)
- 15g brown sugar
- Juice of one lemon

Tart topping

Your choice - nuts / sunflower seeds / icing sugar

1. Make the pastry and chill in the fridge for at least 15 minutes.
2. Mix the frangipane dry ingredients together. Add the zest, vanilla and eggs. Mix everything together with a wooden spoon / spatula. Set aside while you make the rest of the tart.
3. Pre-heat oven to 180°C. Grease your flan tin well. Lightly flour a clean work surface and roll the pastry out to around 4 - 5mm thick.
4. Lift the pastry over your rolling pin and place in your flan tin. Press the edges in place. Line with baking parchment and part fill with rice / beans / pie weights. Bake for around 12 minutes, remove the paper and weights and return to the oven for a further 5 minutes.
5. Leave the tart shell to cool for at least 15 minutes, then brush with some of the egg left over from making the pastry.
6. Once the egg has dried a little, spread the jelly over the base and then the fruit.
7. Spread the frangipane mix over the fruit evenly. Brush the edges with the last of your egg and sprinkle over your chosen topping.
8. Bake for around 30 minutes. You'll know it's cooked as soon as the middle of the frangipane starts to dome a little. Fabulous served warm, with perhaps a scoop of ice cream.

