

HEALTH AND LOCAL FOOD FOR FAMILIES

Christmas BAKE OFF

Christmas Tart

Ingredients

For the filling

Mixture of dried fruit e.g. sultanas, apricots, sultanas, apples
Cinnamon (optional)

For the pastry

12oz/ 350g plain flour
6oz/100g butter (cut into cubes)
Very cold water

Method

1. Mix the flour and butter together in a food processor if available, until it looks like fine breadcrumbs.
2. Slowly add water until the mixture holds together.
3. Alternatively, put flour and butter into a bowl. Mix together with a fork and then using your fingers, rub everything together until it looks like fine breadcrumbs.
4. Add a little water and, still using your fingers, gather all the mixture together and squeeze gently to make a firm ball.
5. Leave to rest for ½ hour.
6. Mix together the dried fruit. Place in a saucepan with a little water and sprinkle with cinnamon if using. Stew gently until the fruit is soft (around 15 minutes).
7. On a clean, dry surface, sprinkle some plain flour. Roll out the pastry on the flour until it is as thin as it can be without breaking.
8. Place into a flan dish and press the pastry into the corners.
9. Add the stewed fruit onto the pastry.
10. Decorate the top with thin strips of pastry overlapped into a lattice design or to make it more Christmassy, add pastry cut into holly leaf shapes or other festive designs.
11. Place in a hot oven (180°C) for around 40 mins or until golden brown.
12. Serve hot or cold with custard or nutmeg sauce. (see separate recipe).