

Taste the Hills

Recipes and Tips

Autumn Nut Tart

If you like coconut and you agree with me that toasted hazelnuts are completely delicious then you will love this tart. It is not overly sticky and sweet so do feel free to serve it with something on the side. I think sour cream is good with it but vanilla ice cream would be lovely if you serve the tart just warm. You could make them in cup-cake tins and have them at tea time.

Pastry

150g plain flour
1 heaped tbsp caster sugar
100g butter at room temperature
2 tbsp iced water
Pinch of salt

Filling

150g whole hazelnuts
150g butter (I use slightly salted)
150g desiccated coconut
150g currants (or mixed vine fruit- if so you might process for a few seconds or chop finely)
1 tbsp runny honey
1 good tsp balsamic vinegar
1 tsp vanilla essence

Preheat the oven to 180 degrees.

Make the pastry by putting the flour, salt and sugar in a large bowl. Cut the butter into the flour and rub in till it looks like breadcrumbs. Stir in the water and gather into a flattish ball and chill in the fridge.

Put your hazelnuts on to a baking tray and toast for 12 minutes. Use oven gloves to rub off the skins and gently blow the skins away. Chop about half of the nuts and leave the rest whole.

Put the tray back in the oven so that it is hot when you put your flan tin on it.

In a saucepan, melt the butter and add all the other filling ingredients along with the nuts. Stir well.

Roll out the pastry and line a 25cm flan tin. Spread the filling onto the case and put back on the hot tray and bake for 25 minutes.

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