

Vegan Chocolate Tart

200ml soya or nut milk

4 cardamom pods, crushed

4 tbsp sugar

1 tbsp cornflour

250g vegan dark chocolate, broken into pieces

1 tsp vanilla

Salt

Pastry

125g soya margarine, cut into pieces

250g flour

125g icing sugar

1 tsp ground ginger

Make the pastry by sifting the dry ingredients into a bowl. Add the margarine and quickly rub it in and add just enough cold water to form a ball. Chill for 30 mins.

Grease a 25cm loose bottomed tin and roll the pastry out to line it. Prick the base of the pastry with a fork and place in the freezer for 30 minutes.

Pre-heat oven to 180 degrees. Place a piece of baking paper or foil over the pastry and weigh down with beans or baking pearls and bake blind for 15 minutes. Remove the weights and bake on for another 10 minutes until cooked through and crisp.

For the filling, gently heat the milk with 200ml of water, the cardamom and the sugar. Use a little of the warm milk to mix with the cornflour in a bowl. Pour on the rest of the warm milk and stir until mixed then return to the pan and bring slowly to the boil, stirring all the time.

Place the broken chocolate into the bowl and pour on the thickened, hot milk. Stir to combine and then add the vanilla and a pinch of salt. Pour into the case and chill for a few hours or overnight.