

# Taste the Hills

## Recipes and Tips

### Blackberry, bay and honey tart

#### For pastry

250g flour  
2 tsp honey  
130g butter  
1 egg, lightly beaten  
50ml cold water

#### Frangipane

100g butter  
4 tbsp. honey  
2 eggs  
100g ground almonds  
2 tbsp. flour  
Zest of a lemon  
1tsp vanilla essence  
450g blackberries  
6 bay leaves

Make the pastry by hand or in the processor by blending all the ingredients except the water. Add this a little at a time in case you don't need it all in order to get to a dough ball. Wrap the dough in cling film for at least half an hour.

Butter a 22cm loose bottomed tin. Roll out your pastry on a floured board and line your tin, prick the base with a fork before putting it in the freezer for half an hour.

Preheat your oven to 200c and line the pastry with grease proof and use beans or coins to weigh the paper down. Bake for 10 minutes with the paper on then remove the paper and bake for another 5 minutes. Reduce the heat to 180c.

To make the frangipane, use an electric whisk to mix the butter and honey then slowly add the eggs. Mix in the other frangipane ingredients. Scatter half the blackberries onto the pastry, smooth on the frangipane before pushing in the rest of the blackberries. Stick the bay leaves round the edge.

Bake for 35-40 minutes. If the edges get brown, cover with foil and cook on a bit longer. The centre should be set but still a little soft.

Allow it to cool enough to remove from the tin but this is best served warm.

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