



FRUITY BAKEWELL TART

Recipe by Lyndon Gee

-  serves 6
-  prep 20 mins
-  cook 20-25 mins

Ingredients

- 150g flour (plain or gluten-free)
 - 75ml sunflower oil (or any vegetable oil)
 - 50ml cold water
 - Pinch salt
- ### Filling:
- 2 tablespoons raspberry jam (any jam works)
 - 200g fruit, chopped (apples or pears are ideal)
 - 75ml sunflower oil (or any vegetable oil except olive oil)
 - 100g sugar
 - 2 eggs
 - 125g self-raising flour (or plain flour with ½ teaspoon baking powder)
 - 1 teaspoon almond essence (or vanilla essence)

1 Mix the plain flour, sunflower oil, water and a pinch of salt into a dough. Cover and refrigerate for 15 minutes. Then sprinkle with flour, roll out ½ cm thick, and line a lightly oiled 24cm x 3cm deep metal tin.

2 Spread the jam in an even layer over the base of the pastry case and put the fruit on top.

3 Mix together the sugar, eggs and oil and almond essence, then stir in the self-raising flour, and drizzle the mixture evenly over the fruit.

4 Bake 20-25 minutes in a preheated oven 180°C/Gas 6, until golden.

Each portion contains

Calories	Sugar	Fat	Saturates	Salt	Fibre
438	23g	21g	3g	0.4g	2.6g
22%	26%	30%	15%	7%	11%

of an adult's guideline daily amount


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Fruity Bakewell tart

Originating in the Derbyshire town of Bakewell in the 1840s, it is said to have been discovered by accident. This version also contains some fruit and is great for any fruit that needs using up. It makes a delicious pudding served with custard, cream or yoghurt. Or can be eaten cold and served as a cake. Stored in an airtight container the tart will last for 2 days.

Chef's tip from Lyndon

Preheat the oven and use a metal pie tin to make sure you get a crisp pastry base. If you use wholemeal flour for your pastry add an extra dash of water.

Use up

Fruit that is very ripe such as pears or berries. All types of jams and preserves. You can also use crumbled stale bread and ground almonds instead of flour.

Variations

Use puff pastry. Any fruit or fruit jam including pears, blackberries, raspberries, apricots, peaches, damsons, plums, cherries and tropical fruit. Top with flaked almonds for a crunchy top.

Extra flavour

Add grated lemon or orange zest. Use different flavoured jams or marmalade. Add mixed spice or cinnamon and raisins to the filling. Add nuts or dried fruit.



Freezer advice

For best results, cool down quickly (ideally within an hour), divide into portions, place in an airtight container, label and then pop in the freezer. Defrost in the fridge, ideally overnight, and use within 24 hours after defrosting. Reheat in microwave or covered in foil in the oven, heating thoroughly until piping hot.



Vegetarian and vegan options

Suitable for vegetarians, a vegan version can be made with egg substitute available from health food shops.



Allergy advice

Can be made using gluten-free flour, or make pastry with gluten-free flour and use ground almonds instead of flour in the filling. May also be made with gluten and lactose-free egg substitutes. Can use vanilla essence instead of almond.

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