

Bakewell Tart

Serves 20

Ingredients	
FOR THE PASTRY:	FOR THE FILLING:
300g plain flour, plus extra for dusting	225g unsalted butter, softened
125g unsalted butter, chilled, cut into cubes	225g caster sugar
30g sugar	250g plain flour
2 medium eggs	3 medium eggs
2 tbsp (30 ml) water, (optional)	1 lemon, zest only finely grated
	1 jar raspberry jam

METHOD:

- For the pastry, place the flour, butter and sugar into a food processor, pulse until mixture resembles breadcrumbs. Add one of the eggs and pulse until the mixture comes together to form a rough dough. If the dough is too dry, add a bit of water. Shape the dough into a ball and wrap in cling film. Chill in the fridge for 20 minutes. Use pre made pastry if preferred.



- When chilled, turn the dough out onto a floured work surface, roll out large enough to line a 30 x 20 cm/12 x 8in cake tin. Line the tin with the pastry, place in the fridge, chill 30 minutes.
- Preheat the oven to 200C/400F/Gas 6.
- Line the chilled tart case with a sheet of greaseproof paper and fill with baking beans. Bake for 15-20 minutes, or until the pastry is lightly golden-brown.
- Remove the paper and beans and brush the pastry all over with the remaining beaten egg. Bake for a further five minutes, until golden-brown. Remove the pastry from the oven and turn the oven temperature down to 180 C/365 F/Gas 4.
- For the filling, beat the butter and sugar together in a bowl until pale and fluffy.
- Crack in the eggs one at a time, beating well between each addition until smooth and creamy. Fold in the lemon zest and the flour.
- Spread some of the raspberry jam generously across the base of the pastry, leaving a 2.5cm/1in gap around the edge.
- Spread the filling mixture over the jam.
- Bake the tart for 20 minutes, or until the filling is set and golden-brown.
- Allow to cool in the tin before serving.

- ✓ **COOKS TIP** – FOR PUREE DIETS, PREPARE EXTRA FRUIT AND MAKE A PUREE
- ✓ FOR WHEAT FREE DIETS, USE WHEAT FREE FLOUR
- ✓ FOR EGG FREE DIETS USE ORGRAN EGG REPLACER
- ✓ FOR DAIRY FREE DIETS, USE DAIRY FREE SPREAD AND DAIRY FREE CUSTARD

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
282	3.8	13.6	36	15.3	0.3	0.6	45