

R e c i p e

APRICOT FRANGIPANE TART



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Recipe: **EMMA DUCKWORTH**

INGREDIENTS

FOR THE DOUGH

- 500 g plain flour, sifted, plus extra for dusting
- 100 g icing sugar, sifted
- 250 g butter, cut into small cubes
- 1 organic lemon, zest
- 2 large eggs, beaten
- 1 splash milk

FOR THE FILLING

- 85 g unsalted butter, room temperature
- 130 g granulated sugar
- 2 eggs, plus one for the egg wash
- 1 tsp vanilla extract
- ½ tsp almond extract
- 180 g almond meal
- Pinch of salt
- 4 apricots, de-stoned & halved
- 50 g blackberries
- 25 g pistachios, chopped
- 1 tbsp maple syrup



TIME

Prep Time: 25 min
Cooking Time: 1 hour & 5 min



SERVING

12



CATEGORY

Dessert



ISSUE

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STEP 1

On your work surface pour your flour and icing sugar into a mound. Add your cubed butter. TIP: ensure your hands are cold so as not to melt the butter. Using your fingers tips, rub the flour, sugar and butter together until it resembles a fine crumbly mixture. Add the lemon zest, eggs and milk and start working it together until you have a ball of dough. Flour your dough and pat it into a flat round. Wrap it in cling film and place in the fridge for half an hour minimum.

Pre-heat the oven to 180C. For the filling, in a large bowl cream the butter and sugar together with an electric beater on medium speed. Add the eggs and extracts and stir until combined. Add almond meal and salt and stir until combined.

STEP 2

STEP 3

Remove the dough from the fridge, dust your work surface with flour, using a floured rolling-pin, roll out until it's just under 1cm thick. Line a 24cm pie

tin with the pastry, trimming off any excess round the edges using a sharp knife. Prick the base of the pastry all over with a fork. Line the pastry with baking paper and fill with uncooked rice. Bake in the oven for 15 mins until the pastry is firm. Remove the paper and rice and bake for a further 5 minutes.

STEP 4

Whisk the final egg in a small bowl. Brush the bare baked pastry crust with the egg wash. Pour the filling into the tart shell and spread out evenly. Add the apricots and blackberries on top of the filling, pressing them in slightly. Sprinkle with half the chopped pistachios. Place the tart back in the oven and bake for 45 minutes, until the filling has browned. Remove the tart from the oven and brush the apricots with maple syrup. Sprinkle with remaining pistachios. Serve with some Greek yogurt and enjoy!