

BAKEWELL TART (ALMOND TART)

A roll of ready made Shortcrust pastry, rolled and baked blind in suitable pie dish or you can make your own favourite pastry, which you bake blind.

When the pastry case is cooling mix 170ml soy milk with ½ tsp vinegar and stand for 5 min. Add a couple of drops of standard almond essence or 2 to 3 tsp Woolworths almond extract.

Whisk together
185g self raising flour
50 gr ground almonds
¼ tsp salt

Next stir together add 80ml oil,
170ml agave syrup or a ½ cup sugar (I use organic unrefined)

Pour into the dry ingredients and combine as lightly and quickly as you can. Once the pastry base is ready line it with a few heaped tablespoons of raspberry jam.

Gently pour in the batter mix to cover all of the jam. This cake mix will rise to about double the height so make sure you don't fill the base too full. Bake at 180 degrees for about 20 minutes or until the cake is a golden brown on top.

You can decorate the top with slivered almonds before baking or the more traditional icing with a glace cherry in the middle when the tart has baked and cooled.

OR you can do as I did and make cupcakes: make the batter, bake @ 170 for about 20 minutes, cool. Use an apple corer (or tsp) to remove a core of cake from the centre, and fill each hole with a tsp of strawberry jam. Then top with icing, made with 250gr icing sugar to which you add a tsp or so of almond extract and enough drops of water to make an icing. Sprinkle with flaked almonds. Let icing dry. I then added another topping made with whipped Orley to which I added a heaped tsp or two of Nature's Choice Swiss Dream powder (dairy free coffee creamer) and topped with a glace cherry.

