

Caramel Nut tart

Ingredients

For the chocolate pastry

180g Plain flour
1tbsp Cocoa powder
1tbsp Sugar
80g Butter
40g Lard
50ml Cold water



For the Caramel Nut Tart

175g Mixed nuts, roasted
75g Glucose
130g Sugar
20g Unsalted butter
100ml Double Cream
30ml Double Cream
Large pinch of sea salt

Method

To make the pastry

Mix the flour, cocoa and sugar together and place in a food processor.

Cut the butter into pieces and add to the dry ingredients. Process until the mixture resembles breadcrumbs.

Add the water pulsing all the time, until the pastry forms a ball. Finish lightly with the hands. Line the pastry into the required tin and chill before baking.

For the Tart

Roll out the pastry and line into a 20cm fluted flan tin or similar. Chill for approximately 15 minutes. Preheat the oven to 190°C.

Line the pastry with baking paper and baking beans and bake in the preheated oven for approximately 20 minutes or until the pastry is set and starting to dry out. Remove the baking beans and paper and return to the oven to dry out the base.

Roast the nuts and keep them warm.

Place the glucose and sugar in a saucepan with 40ml water. Bring to the boil, stirring all the time. Stop stirring when the mixture begins to boil. Cook until the syrup becomes a golden caramel.

Remove from the heat and add 100ml of cream and the butter. Cook until the mixture reaches 120°C on a sugar thermometer. Remove from the heat and add the 30ml cream.

Place the nuts in the cooked pastry tart, sprinkle with sea salt and pour the caramel mixture over. Allow to cool before serving. Serve at room temperature.

Extra Thoughts:

This tart may be made with sweet crust pastry or french shortcrust.

For a special treat cover with a basic chocolate ganache and decorate.

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