

JALOUSIE

Preparation time: 40 minutes.

Total cooking time: 45 minutes.

Serves 4-6



- 30 g (1 oz) unsalted butter
- 1/4 cup (45 g/1 1/2 oz) soft brown sugar
- 500 g (1 lb) apples, peeled, cored and cubed
- 1 teaspoon grated lemon rind
- 1 tablespoon lemon juice
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cinnamon
- 30 g (1 oz) sultanas
- 375 g (12 oz) puff pastry
- 1 egg, lightly beaten, to glaze

1 Preheat the oven to hot 220°C (425°F/Gas 7). Lightly grease a baking tray and line with baking paper. Melt the butter and sugar in a frying pan.

Add the apple, lemon rind and lemon juice. Cook over medium heat for 10 minutes, stirring occasionally, until the apples are cooked and the mixture is thick and syrupy. Stir in the nutmeg, cinnamon and sultanas. Cool completely.

2 Cut the block of puff pastry in half. On a lightly floured surface roll out one half of the pastry to a 24 x 18 cm (10 x 7 inch) rectangle. Spread the fruit mixture onto the pastry, leaving a 2.5 cm (1 inch) border. Brush the edges lightly with the beaten egg.

3 Roll the second half of the pastry on a lightly floured surface to a 25 x 18 cm (10 x 7 inch) rectangle. Using a sharp knife, cut slashes in the pastry across its width, leaving a 2 cm (3/4 inch) border around the edge. The slashes should open slightly and look like a venetian blind (*jalousie* in French). Place over the fruit and press the edges together. Trim away any extra pastry. Knock up the puff pastry (brush the sides upwards) with a knife to ensure rising during cooking. Glaze the top with egg. Bake for 25-30 minutes, or until puffed and golden.

PUFF PASTRY

Commercially made puff pastry can be bought in different forms. Blocks of puff pastry are available frozen or fresh and sheets are available frozen flat or as a roll, sometimes fresh. You do not need to roll out sheets of puff but they benefit from having their edges trimmed. Commercial puff pastries use vegetable or canola (rapeseed) oil or butter as their fat. If you are using a pastry with vegetable fat as its base, you can add a buttery flavour by brushing the pastry with melted butter and chilling it before glazing.



RIGHT: Jalousie

MILLE FEUILLE

Preparation time: 30 minutes

Total cooking time: 1 hour 30 minutes

Serves 6–8



600 g (1 1/4 lb) puff pastry or 3 sheets
ready-rolled

2 1/2 cups (600 ml/20 fl oz) thick (double) cream

500 g (1 lb) small strawberries, halved

70 g (2 1/4 oz) blueberries, optional

1 Preheat the oven to hot 220°C (425°F/Gas 7). Line a baking tray with baking paper. If using a block of puff pastry, cut the pastry into three and roll out to 25 cm (10 inch) squares. Place one sheet of puff pastry on the tray, prick all over and top with another piece of baking paper and another baking tray and bake for 15 minutes. Turn the trays over and bake on the other side for 10–15 minutes, or until golden brown. Allow to cool and repeat with the remaining pastry.

2 Trim the edges of each pastry sheet and cut each one in half. Pour the cream into a large bowl and whisk to firm peaks. Place two of the pastry pieces on a serving dish and spoon some of the cream on top. Carefully arrange some of the strawberries and blueberries over the cream, pressing them well down. Top each one with another pastry sheet and repeat with the strawberries and blueberries. Top with a final layer of pastry and dust with icing sugar.



APPLE GALETTES

Preparation time: 45 minutes + chilling

Total cooking time: 30 minutes

Serves 8



2 cups (250 g/8 oz) plain flour

250 g (8 oz) unsalted butter, chopped

8 apples

1/4 cup (185 g/6 oz) caster sugar

125 g (4 oz) unsalted butter, chopped

1 Place the flour and butter in a bowl and cut the butter into the flour with two knives until it resembles large crumbs. Gradually add about 1/2 cup (125 ml/4 fl oz) chilled water, stirring with a knife and pressing together, until a rough dough forms. Turn onto a lightly floured board

and roll into a rectangle. The dough will be crumbly and hard to manage at this point. Fold the pastry into thirds; turn it so the hinge is on your left and roll into a large rectangle. Always turn the pastry the same way so the hinge is on the left. Refrigerate in plastic wrap for 30 minutes.

2 Complete two more turns and folds before refrigerating the pastry for another 30 minutes. Repeat the process so that you have completed 6 folds and turns. Wrap the pastry in plastic wrap and refrigerate before use. The pastry can be stored in the refrigerator for 2 days or in the freezer for up to 3 months.

3 Preheat the oven to moderately hot 190°C (375°F/Gas 5). Roll the pastry out on a lightly floured surface until 3 mm (1/8 inch) thick. Cut into eight 10 cm (4 inch) rounds. Peel and core the apples and slice thinly. Arrange the apples in a spiral on the pastry. Sprinkle well with sugar and dot with unsalted butter. Bake on greased baking trays for 20–30 minutes, until the pastry is crisp and golden. Serve warm.



ABOVE: Apple galettes

MAKING FLAKY PASTRY



Knead the pastry until it is just smooth.



Roll the dough into a rectangle and dot the top two-thirds with cubes of chilled butter.



Fold the bottom third of the pastry up over the butter and then the top third down.



Turn the pastry so the hinge is to the right. Press the edges down to seal, then roll and fold as before.

OPPOSITE PAGE: Banana tart (top); Feuilleté with cherries jubilee

BANANA TART

Preparation time: 40 minutes + chilling

Total cooking time: 35 minutes

Serves 6



Flaky pastry

1 3/4 cups (215 g/7 oz) plain flour

160 g (5 1/2 oz) unsalted butter

(chill 100 g/3 1/2 oz of it)

rind and juice of 2 oranges

4 tablespoons soft brown sugar

1/4 teaspoon cardamom seeds

1 tablespoon rum

3–4 ripe bananas

1 For the pastry, sift the flour into a bowl with a pinch of salt and rub in the unchilled butter. Add enough water (about 155 ml/5 fl oz), mixing with a flat-bladed knife to make a dough-like consistency. Turn onto a floured surface and knead until just smooth. Roll into a rectangle, 10 x 30 cm (4 x 12 inches), cut a third of the chilled butter into cubes and dot all over the top two-thirds of the pastry, leaving a little room around the edge. Fold the bottom third of the pastry up and the top third down and press the edges down to seal. Now turn the pastry to your left, so the hinge is on your right, and roll and fold as before. Chill for 20 minutes, then with the hinge to your right, roll it out again, cover the top two-thirds of the pastry with another third of the butter and roll and fold. Repeat, using the rest of the butter and then roll and fold once more without adding any butter.

2 Roll the pastry out on a floured surface into a rectangle 25 x 30 cm (10 x 12 inches), cut a 2 cm (3/4 inch) strip off each side and use this to make a frame on the pastry by brushing the edges of the pastry with water and sticking the strips onto it. Trim off any excess and put the tart base on a baking tray lined with baking paper, cover with plastic wrap and refrigerate until required.

3 Combine the orange rind, juice, brown sugar and cardamom seeds in a small pan, bring to the boil, simmer for 5 minutes, then remove from the heat and add the rum. Set aside to cool. Preheat the oven to hot 220°C (425°F/Gas 7).

4 Slice the bananas in half lengthways, arrange on the tart in an even layer, cut-side-up and brush with a little syrup. Bake on the top shelf for 20–30 minutes, making sure the pastry does not overbrown. Brush with syrup and serve.

FEUILLETEE WITH CHERRIES JUBILEE

Preparation time: 15 minutes + chilling

Total cooking time: 25 minutes

Serves 4



375 g (12 oz) puff pastry

1 egg, lightly beaten

20 g (3/4 oz) unsalted butter

20 g (3/4 oz) sugar

500 g (1 lb) cherries, pitted

300 ml (9 fl oz) thick (double) cream

1/2 cup (125 ml/4 fl oz) brandy or Kirsch

icing sugar, to dust

1 Roll the pastry out on a floured work surface and cut out four rectangles of 10 x 12 cm (4 x 5 inches) each. Put them on a baking tray and brush with the egg glaze, being careful not to let any drip down the sides of the pastry. Refrigerate for 30 minutes. Preheat the oven to hot 220°C (425°F/Gas 7).

2 Melt the butter and sugar together in a saucepan and add the pitted cherries. Cook over high heat for about 1 minute, then reduce the heat and simmer for about 3 minutes, or until the cherries are tender. Reduce the heat to low and keep the cherries warm.

3 Bake the feuilleté on the top shelf of the oven for 15 minutes until golden and puffed, then cut them in half horizontally and gently pull any doughy bits out of the centre. Turn the oven off and put the feuilleté back in the oven and allow to dry out for a couple of minutes.

4 When you are ready to serve, whisk the cream until it reaches stiff peaks. Place a warm feuilleté base on each serving plate. Heat the brandy or Kirsch in a small saucepan and set it alight, then pour it over the cherries (keep a saucepan lid nearby in case the flames get too high). Spoon some cherries into each feuilleté and top with a little cream. Put the lids on and dust with icing sugar before serving.

HELP WITH YOUR PASTRY

To make sure you get a well-cooked base on pastry, put a baking tray on the shelf of the oven when you preheat the oven and put the baking tray with the pastry on it straight on top of this.





SHORTCRUST TIPS The

secret of good pastry is to work quickly and lightly, with cool ingredients, in a cool room and, preferably, not on a hot day. A cold marble slab is the ideal work surface.

If you don't have a marble slab, rest a tray of iced water on the work surface for a while before you start. Use *real* unsalted butter for pastry, not margarine or softened butter blends.

Unsweetened pastry works well with sweet fillings, giving a good contrast of flavours. Add two tablespoons of caster sugar to the flour for a sweet pastry. Some recipes contain egg yolks to enrich the pastry and give good colour.

SHORTCRUST PASTRY

To make enough to line a 23 cm (9 inch) tin, use 1½ cups (185 g/6 oz) plain flour, 100 g (3½ oz) chopped chilled unsalted butter, and 2–4 tablespoons chilled water.

1 Sift the flour into a large bowl and add the butter. Using just your fingertips, rub the butter into the flour until the mixture resembles fine breadcrumbs.

2 Make a well in the centre, then add

2–4 tablespoons water and mix with a flat-bladed knife. Use a cutting rather than a stirring action and turn the bowl with your free hand. The mixture will come together in small beads of dough. To test if you need more water, pinch a little dough between your fingers. If it doesn't hold together, add a little more water. If the pastry is too dry, it will fall apart when you roll it; if too wet it will be sticky and shrink when baked.



3 Gently gather the dough together with your hand and lift out onto a sheet of baking paper or a floured work surface.

4 Press, don't knead, the dough together into a ball. Handle gently, keeping your actions light and to a minimum.

5 Press the dough into a flat disc, wrap and refrigerate for 20 minutes. Roll out between 2 sheets of baking paper or plastic wrap, or on a lightly floured surface. Always roll from the centre outwards, rotating the dough, rather than rolling backwards and forwards.

6 If you used baking paper to roll out the pastry, remove the top sheet, carefully invert the pastry over the tin (make sure you centre the pastry, as it can't be moved once in place), and then peel away the paper. If you rolled out on a lightly floured surface, roll the pastry back over the rolling pin so it is hanging, and ease it into the tin.

7 Once the pastry is in the tin, quickly lift up the sides so they don't break over the edges of the tin, which can be sharp, particularly in metal flan tins. Use a small ball of excess dough to help ease and press the pastry shell into the side of the tin. Allow the excess to hang over the side and, if using a flan tin, roll the rolling pin over the top of the tin, to cut off the excess pastry. If you are using a glass or ceramic pie dish, use a small sharp knife to cut away the excess pastry.

8 However gently you handle dough, it is bound to shrink a little, so let it sit a little above the sides of the tin. If you rolled off the excess pastry with a rolling pin, you may find it has 'bunched' down the sides. Gently press the sides of the pastry with your thumbs to flatten and lift it a little. Refrigerate the pastry in the tin for 15 minutes to relax it and prevent or minimise shrinkage. Preheat the oven.

BLIND BAKING

If pastry is to have a moist filling, it will probably require partial blind baking to prevent the base becoming soggy. If it is not cooked again after filling, it will need to be fully blind baked. This means baking the pastry without the filling, but with some weight to prevent it rising. Line the shell with crumpled greaseproof or baking paper. Pour in some baking beads, dried beans or uncooked rice (these can be used again). Bake the pastry for the given time, then lift out the filled paper. Return the pastry to the oven. When cooked, it should look dry with no greasy patches. Small pastry shells can just be pricked with a fork to prevent them rising or bubbling, but only do this if specified, as the filling may run through.

Cool pastry completely before filling. Cooked filling should also be cooled before adding, to prevent soggy pastry.

GLAZING WITH JAM



Heat the jam for glazing until liquid, then sieve to remove any lumps. Gently brush over the fruit.

FRUIT TART

Preparation time: 40 minutes, + chilling

Total cooking time: 40 minutes

Serves 6

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Shortcrust pastry

1 1/4 cups (155 g/5 oz) plain flour

2 tablespoons caster sugar

90 g (3 oz) chilled unsalted butter, chopped

1 egg yolk

1 tablespoon chilled water

Filling

1 cup (250 ml/8 fl oz) milk

3 egg yolks

1/4 cup (60 g/2 oz) caster sugar

2 tablespoons plain flour

1 teaspoon vanilla essence

strawberries, kiwi fruit and blueberries

apricot jam, to glaze

1 Sift the flour into a bowl and stir in the sugar. Add the butter and using just your fingertips, rub into the flour until the mixture resembles breadcrumbs. Make a well in the centre, add the egg yolk and water. Using a knife, mix to a dough. Turn out onto a lightly floured surface and gather together into a ball. Press together gently until smooth, and then roll out to fit a 34 x 10 cm (13 1/2 x 4 inch) loose-bottomed, fluted flan tin. Line the tin with pastry and trim away any excess. Refrigerate for 20 minutes. Preheat the oven to moderately hot 190°C (375°F/Gas 5).

2 Line the pastry-lined tin with a sheet of crumpled baking paper and spread a layer of baking beads or rice evenly over the paper. Bake for 15 minutes, remove the paper and beads and bake for another 20 minutes, until cooked on the base and golden brown around the edge. Set aside to cool completely.

3 To make the filling, put the milk into a small pan and bring to the boil. Set aside while quickly whisking the egg yolks and sugar together in a bowl, until light and creamy. Whisk in the flour. Pour the hot milk slowly onto the egg mixture,

BELOW: Fruit tart



winking constantly. Wash out the pan, return the milk mixture and bring to the boil over medium heat, stirring with a wire whisk. Boil for 2 minutes, stirring occasionally. Transfer to a bowl, stir in the vanilla essence, and leave to cool, stirring frequently to avoid a skin forming. When cooled to room temperature, cover the surface with plastic wrap and refrigerate until cold.

4 Cut the strawberries in half and peel and slice the kiwi fruit. Spoon the cold custard into the cold pastry shell, then arrange the fruit over the custard, pressing in slightly. Heat the jam in the microwave or in a small pan until liquid, sieve to remove any lumps, then, using a pastry brush, glaze the fruit. Serve the tart on the same day, at room temperature. If it is to be left for a while on a hot day, refrigerate it.

NOTE: If you don't have a rectangular tin, this tart may be made in a 23-cm (9 inch) flan tin. You can use different fruits to top the tart, according to taste and season.

LEMON ALMOND TART

Preparation time: 40 minutes + chilling

Total cooking time: 1 hour

Serves 6-8



Lemon pastry

2 cups (250 g/8 oz) plain flour, sifted
 1/4 cup (60 g/2 oz) caster sugar
 125 g (4 oz) chilled unsalted butter, softened
 1 teaspoon finely grated lemon rind
 2 egg yolks

Filling

350 g (11 oz) ricotta, sieved
 1/2 cup (90 g/3 oz) caster sugar
 3 eggs, well beaten
 1 tablespoon finely grated lemon rind
 80 g (2 3/4 oz) blanched almonds, finely chopped
 3 tablespoons flaked almonds
 icing sugar, to dust

1 Combine the flour, sugar and a pinch of salt in a large bowl. Make a well in the centre and add the butter, rind and egg yolks. Work the flour into the centre with the fingertips of one hand until a smooth dough forms (add a little more flour if necessary). Wrap in plastic wrap, flatten slightly, then refrigerate for 20 minutes.



2 To make the filling, with electric beaters, beat the ricotta and sugar together. Add the eggs gradually, beating well after each addition. Add the rind, beating briefly to combine, and then stir in the chopped almonds.

3 Preheat the oven to moderate 180°C (350°F/Gas 4). Brush a 20-cm (8 inch) fluted flan tin with melted unsalted butter. Roll out the pastry on a lightly floured surface and line the tin, trimming away the excess pastry. Pour in the filling and smooth the top. Sprinkle with the flaked almonds and bake for 55 minutes to 1 hour, or until lightly golden and set.

4 Cool to room temperature, then carefully remove the sides from the tin. Lightly dust with icing sugar and serve at room temperature or chilled.

ABOVE: Lemon almond tart

PASTRY TIPS

To stop a pastry base becoming soggy when it has a wet filling, sprinkle a tablespoon of dried breadcrumbs or semolina into the base before adding the filling. Alternatively, brush the base with egg white and rebake it for a few minutes, or brush it with a glaze such as apricot jam.

If the pastry base splits when you cook it, plug any gaps with raw pastry and rebake it for 5 minutes, then brush it with egg white and rebake it for a couple of minutes.

Tart cases which are not going to hold runny fillings can be pricked all over with a fork to help them cook evenly and also to get rid of air bubbles.

Smaller tart cases which are fiddly to line with paper and rice or baking beads can be lined with another tart mould while baking. They will need to be dried out for a minute or two when the mould has been taken out.

Wet fillings in covered pies will steam so it is important to make holes in the pastry.

BUTTERSCOTCH TART

Preparation time: 30 minutes + chilling

Total cooking time: 1 hour

Makes one tart



Shortcrust pastry

2 cups (250 g/8 oz) plain flour

125 g (4 oz) chilled unsalted butter, chopped

2 tablespoons caster sugar

1 egg yolk

1 tablespoon chilled water

Butterscotch filling

1 cup (185 g/6 oz) soft brown sugar

1/3 cup (40 g/1 1/4 oz) plain flour

1 cup (250 ml/8 fl oz) milk

45 g (1 1/2 oz) unsalted butter

1 teaspoon vanilla essence

1 egg yolk

Meringue

2 egg whites

2 tablespoons caster sugar

1 Preheat the oven to moderate 180°C (350°F/ Gas 4). Grease a deep, 22 cm (9 inch) flan tin. Sift the flour into a large bowl and rub in the butter with your fingertips until the mixture resembles breadcrumbs. Stir in the sugar, yolk and water. Mix to a soft dough, then gather into a ball. Wrap and chill for 20 minutes.

2 Roll the pastry between two sheets of baking paper, to cover the base and side of the tin. Trim the edge and prick the pastry evenly with a fork. Chill again for 20 minutes. Line the pastry with a sheet of crumpled baking paper and spread baking beads or rice over the paper. Bake for 35 minutes, then remove the paper and beads.

3 For the filling, place the sugar and flour in a small pan. Make a well and gradually whisk in the milk to form a smooth paste. Add the butter and stir with a whisk over low heat for 8 minutes, or until the mixture boils and thickens. Remove from the heat, add the essence and yolk and whisk until smooth. Spread into the pastry case and smooth the surface.

4 Beat the egg whites until firm peaks form. Add the sugar gradually, beating until thick and glossy and all the sugar has dissolved. Spoon over the filling and swirl into peaks with a fork or flat-bladed knife. Bake for 5–10 minutes, or until the meringue is golden. Serve warm or cold.



RIGHT: Butterscotch tart



DATE AND MASCARPONE TART

Preparation time: 50 minutes + chilling

Total cooking time: 40–45 minutes

Serves 6–8



Coconut pastry

1/2 cup (90 g/3 oz) rice flour

1/2 cup (60 g/2 oz) plain flour

100 g (3 1/2 oz) chilled unsalted butter,
chopped

2 tablespoons icing sugar

1/4 cup (25 g/3/4 oz) desiccated coconut

100 g (3 1/2 oz) marzipan, grated

Filling

8 fresh dates (about 200 g/6 1/2 oz), pitted

2 eggs

2 teaspoons custard powder

125 g (4 oz) mascarpone

2 tablespoons caster sugar

1/2 cup (80 ml/2 3/4 fl oz) cream

2 tablespoons flaked almonds

1 Preheat the oven to moderate 180°C (350°F/ Gas 4). Grease a shallow, 10 x 34 cm (4 x 14 inch) fluted loose-bottomed flan tin. Sift the flours into a large bowl. Using just your fingertips, rub in the butter until the mixture resembles breadcrumbs, then press the mixture together gently. Stir in the icing sugar, coconut and marzipan. Turn out onto a lightly floured surface and gather together into a ball. Flatten slightly, cover with plastic wrap and refrigerate for 15 minutes.

2 Roll out the pastry between two sheets of baking paper until large enough to line the tin. Ease the pastry into the tin and trim the edge. Refrigerate for 5–10 minutes. Line the pastry-lined tin with a crumpled sheet of baking paper and spread a layer of baking beads or rice evenly over the paper. Place the tin on a baking tray and bake for 10 minutes. Remove the paper and beads, bake for another 5 minutes, or until just golden, then allow to cool.

3 Cut the dates into quarters lengthways and arrange over the pastry. Whisk together the eggs, custard powder, mascarpone, caster sugar and cream until smooth. Pour the mixture over the dates, then sprinkle with the flaked almonds. Bake for 25–30 minutes, or until golden and just set, then allow to cool slightly. Serve warm. The tart can be decorated if you wish.



ABOVE: Date and mascarpone tart

**BANOFFIE PIE**

Originally, the filling for Banoffee pie was made by boiling the unopened tins of condensed milk until they had formed a sticky caramel inside. The recipe here is an easier and quicker method. A similar substance called *dulce de leche* is eaten in South America. Dulce is the Spanish word for sweet.

ABOVE: Banoffee pie

BANOFFIE PIE

Preparation time: 35 minutes + chilling
Total cooking time: 30 minutes
Serves 8

**Walnut pastry**

1 1/4 cups (155 g/5 oz) plain flour
2 tablespoons icing sugar
85 g (3 oz) ground walnuts
80 g (2 3/4 oz) chilled unsalted butter, chopped

Filling

400 g (13 oz) can condensed milk
30 g (1 oz) unsalted butter
1 tablespoon golden syrup
4 bananas, sliced
1 1/2 cups (375 ml/12 fl oz) cream, whipped
50 g (1 3/4 oz) dark chocolate, melted

1 To make the walnut pastry, sift the flour and icing sugar into a large bowl. Add the walnuts and butter and rub the butter into the flour, using just your fingertips, until the mixture

resembles breadcrumbs. Mix in 2–3 tablespoons chilled water with a flat-bladed knife to form a firm dough. Add more water if needed. Turn onto a floured surface and gather together into a ball. Wrap and chill for 15 minutes. Roll out to fit a 23-cm (9-inch) flan tin; chill for 20 minutes.
2 Preheat the oven to moderate (180°C) (350°F/ Gas 4). Line the pastry base with crumpled baking paper and spread baking beads or rice over paper. Bake for 35 minutes, then remove the paper and beads. Bake the pastry for 10 minutes, or until lightly golden. Set aside to cool completely.
3 To make the filling, place the condensed milk, butter and golden syrup in a small pan. Stir over medium heat for 5 minutes, until it boils and thickens and turns a light caramel colour. Cool slightly, then arrange half the bananas over the pastry and pour the caramel over the top. Smooth the surface and chill for 30 minutes.
4 Drop spoonfuls of cream over the caramel and arrange the remaining banana on top. Drizzle with melted chocolate.

LATTICE MINCEMEAT TARTS

Preparation time: 40 minutes
Total cooking time: 1 hour + chilling
Serves 6



1/2 cup (60 g/2 oz) self-raising flour
1 1/2 cups (185 g/6 oz) plain flour
125 g (4 oz) chilled unsalted butter, chopped
2 tablespoons caster sugar
egg, lightly beaten, to glaze
icing sugar, to dust

Mincemeat

1/4 cup (35 g/1 1/4 oz) currants
1/3 cup (40 g/1 1/4 oz) sultanas
2 tablespoons mixed peel
1/4 cup (30 g/1 oz) slivered almonds
1/4 cup (45 g/1 1/2 oz) soft brown sugar
1/4 teaspoon ground nutmeg
1/4 teaspoon ground cinnamon
1 apple, grated
1 teaspoon grated orange rind
1 teaspoon grated lemon rind
100 g (3 1/2 oz) pitted fresh cherries
100 g (3 1/2 oz) white grapes, halved
1 tablespoon whisky

1 Preheat the oven to moderately hot 200°C (400°F/Gas 6). Brush six 8 cm (3 inch) fluted loose-bottomed 3 cm (1 1/4 inch) deep tart tins with oil or melted butter.

2 To make the pastry, sift the flour into a bowl, then use just your fingertips to rub in the butter until the mixture resembles breadcrumbs. Stir in the sugar and mix in 2–3 tablespoons iced water, using a flat-bladed knife. Turn onto a floured surface and gather together. Wrap with plastic wrap and refrigerate for 15 minutes.

3 Set aside one-quarter of the dough. Divide the remaining dough into six. Roll each portion out and line the base and side of the tins. Chill for 10 minutes. Line the pastry cases with crumpled baking paper and fill with baking beads or rice. Bake for 10 minutes, remove the paper and beads and cook for another 10 minutes. Cool. Reduce the oven to moderate 180°C (350°F/Gas 4).

4 Mix together all the mince-meat ingredients. Spoon into the pastry cases.

5 Roll out the remaining pastry on a lightly floured surface to 3 mm (1/8 inch) thick. Using a lattice pastry cutter, run it along the length of the pastry. Gently pull the lattice open. Using a 10 cm (4 inch) cutter, cut out 6 rounds. Brush the tart edges with beaten egg, place the pastry lattice rounds on top and press gently to seal. Brush with beaten egg and bake for 45 minutes, or until golden brown. Leave in the tin for 5 minutes, then carefully remove and cool on a rack. Dust with icing sugar before serving.

CUSTARD TART

Preparation time: 20 minutes + chilling

Total cooking time: 1 hour

Serves 8



1 1/2 cups (185 g/6 oz) plain flour

1/4 cup (30 g/1 oz) custard powder

125 g (4 oz) chilled unsalted butter, chopped

1 1/2 tablespoons caster sugar

1 egg yolk

Custard

4 eggs, lightly beaten

2 teaspoons vanilla essence

1/2 cup (125 g/4 oz) caster sugar

1 1/2 cups (375 ml/12 fl oz) milk

1/4 teaspoon ground nutmeg

1 Sift the flour and custard powder into a bowl. Using just your fingertips, rub in the butter until the mixture resembles breadcrumbs. Stir in the sugar, then use a flat-bladed knife to mix in the yolk and 1–2 tablespoons water, to form a soft dough. Wrap in plastic and chill for 30 minutes.

2 Preheat the oven to moderately hot 190°C (375°F/Gas 5). Lightly grease a pie plate, about 20 cm (8 inch) diameter. Roll the pastry out between two sheets of baking paper and line the base and side of the plate. Trim the edge with a sharp knife. Make a decorative edge if you wish. Line with crumpled baking paper, fill with baking beads or rice and bake for 10 minutes. Remove the paper and beads and bake for 5 minutes, or until the base is dry (cover the edges with foil if overbrowning). Cool. Reduce the oven to moderate 180°C (350°F/Gas 4).

3 To make the custard, mix together the eggs, vanilla essence and sugar. Bring the milk to the boil, remove from the heat and gradually pour onto the egg mixture. Place the pie plate on a baking tray, strain the egg mixture into the pastry case and sprinkle with ground nutmeg. Bake for 40 minutes, or until just set in the centre. Allow to cool and serve cut into wedges.



BELOW: Custard tart





PUMPKIN PIE

Preparation time: 30 minutes + chilling

Total cooking time: 55 minutes

Serves 8



Shortcrust pastry

- 1 1/4 cups (155 g/5 oz) plain flour
- 100 g (3 1/2 oz) chilled unsalted butter, chopped
- 2 teaspoons caster sugar
- 4 tablespoons chilled water
- 1 egg yolk, lightly beaten
- 1 tablespoon milk

Filling

- 2 eggs, lightly beaten
- 1 cup (185 g/6 oz) soft brown sugar
- 500 g (1 lb) pumpkin, cooked, mashed and cooled
- 1/3 cup (80 ml/2 3/4 fl oz) cream
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground ginger

1 Preheat the oven to moderate (180°C/350°F/Gas 4). Sift the flour into a large bowl. Rub in the butter using just your fingertips, until the mixture resembles breadcrumbs. Stir in the sugar and add almost all the liquid. Mix to a firm dough, adding more liquid if necessary. Turn onto a lightly floured surface and gather together into a ball. Flatten slightly, cover in plastic wrap and refrigerate for at least 30 minutes.

2 Roll out the pastry between two sheets of baking paper to cover the base and side of a 23 cm (9 inch) pie dish. Roll out the trimmings to 2 mm (1/8 inch) thick and cut into leaf shapes. Score vein markings on the leaves. Beat the egg yolk with the milk and brush onto the pastry edge. Arrange the leaves around the edge, pressing on gently and brush them lightly with egg mixture.

3 Line the pastry base with crumpled baking paper and spread baking beads or rice evenly over the paper. Bake for 10 minutes, remove the paper and beads, then bake for 5 minutes, or until lightly golden. Set aside to cool.

4 To make the filling, whisk the eggs and brown sugar in a large bowl. Add the pumpkin, cream and spices, then combine thoroughly. Pour into the pastry shell and bake for 40 minutes, or until set. If the pastry edge begins to brown too much during cooking, cover with foil. Serve at room temperature.

ANZAC APPLE TART

Preparation time: 25 minutes + chilling

Total cooking time: 50 minutes

Serves 6



Shortcrust pastry

- 1 cup (125 g/4 oz) plain flour
- 75 g (2 1/2 oz) chilled unsalted butter, chopped
- 1 egg yolk, lightly beaten
- 1 tablespoon chilled water

Filling

- 1 1/4 cups (125 g/4 oz) rolled oats
- 1/4 cup (60 g/2 oz) caster sugar
- 1/2 cup (60 g/2 oz) plain flour
- 100 g (3 1/2 oz) unsalted butter
- 2 tablespoons golden syrup
- 410 g (13 oz) can pie apple

1 Preheat the oven to moderate (180°C/350°F/Gas 4). Sift the flour into a large bowl and add the butter. Using just your fingertips, rub the butter into the flour until the mixture resembles breadcrumbs. Add the egg yolk and almost all the water and mix to a firm dough, adding more water if necessary. Turn onto a lightly floured surface and gather together into a ball. Flatten slightly, cover in plastic wrap and refrigerate for at least 30 minutes.

2 Roll out the pastry between two sheets of baking paper until it is large enough to fit the base and side of a 20 cm (8 inch) round flan tin. Line the pastry-lined tin with a sheet of crumpled baking paper and spread a layer of baking beads or rice evenly over the paper. Bake for 10 minutes, then remove the paper and beads. Bake the pastry for another 5 minutes, or until lightly golden. Set aside to cool.

3 To make the filling, combine the oats, caster sugar and sifted flour in a large bowl and make a well in the centre. Combine the butter and golden syrup in a small pan. Stir over low heat until the butter has melted, then add to the dry ingredients. Stir until well combined.

4 Spread the pie apple into the pastry shell. Spoon the oat mixture on top and smooth out with the back of a spoon. Bake for 30 minutes, or until golden brown. Leave in the tin for 15 minutes before cutting for serving.



PUMPKIN PIE

The pumpkin probably originated in Europe. Recipes date back to the Renaissance and the cuisine of Northern Italy uses pumpkin with almonds and orange in *Crosta di Zucca*. English recipes for pumpkin pie appear in the 17th and 18th centuries, but seemed to go out of fashion after that. To get the best flavour from pumpkin, cut it into halves or quarters and bake it. The flesh will be much firmer and will not become watery.

OPPOSITE PAGE:
Pumpkin pie (top);
Anzac apple tart



LEMONS

Historians seem unable to agree on where the lemon originated. However, it has been documented by the Greeks and Romans, in China and in the Indus Valley. Lemons have had all kinds of properties attributed to them—the Romans believed they were an antidote to poisons, and French ladies in the time of Louis XIV used to suck on them to keep their lips looking red. Lemons remained expensive for a long time, but luckily the prices dropped by the time the British Admiralty began to issue sailors with lemon juice to prevent scurvy in 1795—the connection between scurvy and the lack of vitamin C had been made in the late 16th century.

Lemons are used in sweet and savoury dishes. They are usually juiced and/or zested and used for flavouring in lemon pies, tarts, puddings, ice creams and sorbets.

ABOVE: Lemon meringue pie



LEMON MERINGUE PIE

Preparation time: 1 hour + chilling

Total cooking time: 45 minutes

Serves 6



- 1½ cups (185 g/6 oz) plain flour
- 2 tablespoons icing sugar
- 125 g (4 oz) chilled unsalted butter, chopped
- 3 tablespoons iced water

Filling and topping

- ¼ cup (30 g/1 oz) cornflour
- ¼ cup (30 g/1 oz) plain flour
- 1 cup (250 g/8 oz) caster sugar
- ¾ cup (185 ml/6 fl oz) lemon juice
- 3 teaspoons grated lemon rind
- 40 g (1¼ oz) unsalted butter, chopped
- 6 eggs, separated
- 1½ cups (375 g/12 oz) caster sugar, extra
- ½ teaspoon cornflour, extra

1 Sift the flour and icing sugar into a large bowl. Rub the butter into the flour with your fingertips until the mixture resembles breadcrumbs. Add almost all the water and mix to a firm dough, adding more liquid if necessary. Turn onto a lightly floured surface and gather together into a ball. Roll between two sheets of baking paper until large enough to fit a 23 cm (9 inch) pie plate. Line the pie plate with the pastry; trim the edge and chill for 20 minutes. Preheat the oven to moderate (180°C (350°F/Gas 4)).

2 Line the pastry with a sheet of crumpled baking paper and spread a layer of baking beads or rice evenly over the paper. Bake for 10 minutes, then remove the paper and beads. Bake for another 10 minutes, or until the pastry is lightly golden. Leave to cool.

3 To make the filling, place the flours and sugar in a medium pan. Whisk in the lemon juice, rind and 1½ cups (375 ml/12 oz) water. Whisk continually over medium heat until the mixture boils and thickens. Reduce the heat and cook for another minute, then whisk in the butter and egg yolks, one at a time. Transfer to a bowl, cover the surface with plastic wrap and allow to cool completely.

4 To make the topping, preheat the oven to hot 220°C (425°F/Gas 7). Beat the egg whites in a small, dry bowl with electric beaters, until soft peaks form. Add the extra sugar gradually, beating constantly until the meringue is thick and glossy. Beat in the extra cornflour. Pour the cold filling into the cold pastry shell. Spread with meringue to cover, forming peaks. Bake for 5–10 minutes, or until lightly browned. Serve hot or cold.

LIME CHIFFON PIE

Preparation time: 30 minutes + chilling

Total cooking time: 1 hour

Serves 12



Almond pastry

1½ cups (155 g/5 oz) plain flour

90 g (3 oz) ground almonds

90 g (3 oz) chilled unsalted butter, chopped

1–2 tablespoons chilled water

Filling

6 egg yolks

½ cup (125 g/4 oz) caster sugar

100 g (3½ oz) unsalted butter, melted

½ cup (80 ml/2½ fl oz) lime juice

2 teaspoons finely grated lime rind

2 teaspoons gelatine

½ cup (125 ml/4 fl oz) cream, whipped

½ cup (125 g/4 oz) sugar

rind of 4 limes, finely shredded

1 Sift the flour into a large bowl and add the almonds and butter. Using just your fingertips, rub in the butter until the mixture resembles breadcrumbs. Add almost all the water and mix to a firm dough, adding more liquid if necessary. Turn onto a lightly floured surface and gather together into a ball. Roll the pastry out to fit a 23 cm (9 inch) fluted flan tin. Line the tin, trim the edges and refrigerate for 20 minutes.

2 Preheat the oven to moderate 180°C (350°F/Gas 4). Line the pastry-lined tin with a sheet of crumpled baking paper and spread a layer of baking beads or rice evenly over the paper. Bake for 20 minutes, remove the paper and beads and bake the pastry for another 20 minutes, or until lightly golden. Allow to cool completely.

3 To make the filling, place the egg yolks, sugar,



butter, lime juice and rind in a heatproof bowl. Whisk to combine thoroughly and dissolve the sugar. Stand the bowl over a pan of simmering water and stir constantly for 15 minutes, or until the mixture thickens. Remove from the heat and cool slightly. Put 1 tablespoon water in a small heatproof bowl, sprinkle the gelatine in an even layer over the surface and leave to go spongy. Do not stir. Bring a small pan filled with about 4 cm (1½ inches) water to the boil, remove from the heat and place the bowl into the pan. The water should come halfway up the side of the bowl. Stir the gelatine until clear and dissolved. Cool slightly, add to the lime curd and stir to combine. Cool to room temperature, stirring occasionally.

4 Fold the cream through the lime curd and pour into the pastry case. Refrigerate for 2–3 hours, until set. Leave the pie for 15 minutes at room temperature before serving.

5 To prepare the lime rind, combine the sugar with 1 tablespoon water in a small pan. Stir over low heat until the sugar has dissolved. Bring to the boil, add the rind and simmer for 3 minutes. Drain the rind on a wire rack, then decorate the lime chiffon pie to serve.



ABOVE: Lime chiffon pie

TART TATIN



Cook the butter and sugar until brown. Stir and cook until golden brown.



Arrange the prepared apples upright in concentric circles in the pan, packing them in tightly.



Lay the circle of pastry over the apples and quickly tuck the edges into the side of the pan.

TART TATIN

Preparation time: 35 minutes + chilling

Total cooking time: 1 hour 15 minutes

Serves 6

85 g (3 oz) unsalted butter, softened

1 egg yolk

1 1/3 cups (165 g/5 1/2 oz) plain flour

100 g (3 1/2 oz) unsalted butter, extra

3/4 cup (185 g/6 oz) sugar

10 apples

1 Cream the butter, egg yolk and 1/4 teaspoon salt together in a bowl with 30 ml (1 fl oz) cold water. Sift the flour over the top and mix it in with a flat-bladed knife. If the pastry appears to be dry, add water, teaspoon by teaspoon until it comes together in a ball. Wrap in plastic wrap, flatten slightly and chill for 30 minutes.

2 Melt the extra butter in a 25 cm (10 inch) frying pan with an ovenproof handle. Add the sugar and cook until the sugar starts to caramelize and turn brown. Stir and continue cooking until the caramel turns golden brown. Cool. Do not

worry if the butter separates from the sugar.

3 Peel, halve and core the apples and arrange upright in concentric circles in the pan. Pack them in tightly as they will shrink as they cook. Put the pan back on a gentle heat and cook the apples for 15 minutes, or until they start to turn golden brown. Carefully turn them over and cook the other side until evenly coloured. Cook off any liquid that comes out of the apples over a higher heat. The caramel should be sticky rather than runny when you come to put the pastry on. Remove from the heat and leave to cool.

Preheat the oven to hot 220°C (425°F/Gas 7).

4 Roll the pastry out on a floured surface to make a disc slightly bigger than the top of the pan, then lay it over the apples and quickly tuck the edges into the side of the pan. Bake for 20–25 minutes, or until the pastry is golden. Turn out to serve. Warm the tart on the top of the stove if you are not turning it out straight away, just to make sure the caramel is melted. If any apples stick to the bottom of the pan, just poke them back into the gap they came out of.

NOTE: As the moisture content of apples varies, so may the cooking time. Golden delicious, pink lady or fiji are good to use as they don't break down during cooking.



RIGHT: Tart tatin



ORANGE MACADAMIA TARTS

Preparation time: 40 minutes + chilling

Total cooking time: 45 minutes

Serves 6



Shortcrust pastry

1½ cups (185 g/6 oz) plain flour

100 g (3½ oz) chilled unsalted butter,
chopped

3–4 tablespoons chilled water

Filling

1½ cups (240 g/7½ oz) macadamia nuts

¼ cup (45 g/1½ oz) soft brown sugar

2 tablespoons light corn syrup

20 g (¾ oz) unsalted butter, melted

1 egg, lightly beaten

2 teaspoons finely grated orange rind

icing sugar, to dust

1 Preheat the oven to moderate 180°C (350°F/Gas 4). Sift the flour into a bowl, add the butter and, using just your fingertips, rub it in until the mixture resembles breadcrumbs. Add almost all the water and mix in with a flat-bladed knife until the mixture comes together, adding more water if necessary. Turn onto a lightly floured surface and gather together into a ball. Divide into six equal portions, roll out and line six 8 cm (3 inch) fluted flan tins, then refrigerate for 15 minutes. Cut sheets of baking paper to fit the pastry-lined tins, crumple the paper, put in the tins, then spread baking beads or rice evenly over the paper. Put the tins on a baking tray and bake for 15 minutes. Remove the beads and paper. Bake for another 10 minutes, or until the pastry is lightly golden. Cool completely.

2 Spread the macadamia nuts in a single layer on a flat baking tray. Bake for about 8 minutes, until lightly golden. Set aside to cool.

3 Divide the macadamia nuts evenly among the pastry shells. With a wire whisk, beat together the brown sugar, light corn syrup, butter, egg, orange rind and a pinch of salt. Pour the mixture over the nuts and bake for 20 minutes, or until set and lightly browned. Dust with icing sugar.



ABOVE: Orange macadamia tarts



PRUNE AND ALMOND TART

Preparation time: 1 hour + soaking + chilling

Total cooking time: 50 minutes

Serves 6-8



375 g (12 oz) pitted prunes
 $\frac{2}{3}$ cup (170 ml/5½ fl oz) brandy
 $\frac{1}{3}$ cup (105 g/3½ oz) redcurrant jelly

Almond pastry

1½ cups (185 g/6 oz) plain flour
 125 g (4 oz) chilled unsalted butter, chopped
 $\frac{1}{3}$ cup (60 g/2 oz) ground almonds
 $\frac{1}{4}$ cup (60 g/2 oz) caster sugar
 1 egg yolk
 2-3 tablespoons chilled water
 50 g (1¾ oz) marzipan, grated

Custard cream

$\frac{1}{4}$ cup (30 g/1 oz) custard powder
 $1\frac{2}{3}$ cups (410 ml/13 fl oz) milk
 1 tablespoon caster sugar
 $\frac{1}{2}$ cup (125 g/4 oz) sour cream
 2 teaspoons vanilla essence

1 Put the prunes in a pan with the brandy, leave to soak for 1 hour, then simmer over very low heat for 10 minutes, or until the prunes are tender but not mushy. Remove the prunes with a slotted spoon and leave to cool. Add the redcurrant jelly to the pan and stir over low heat until dissolved. Cover and set aside.

2 To make the almond pastry, sift the flour into a large bowl. Rub in the butter with just your fingertips, until the mixture resembles breadcrumbs. Stir in the almonds and sugar using a flat-bladed knife. Add the egg yolk and water, until the dough just comes together. Turn out onto a lightly floured surface and gather together into a ball. Flatten slightly, cover with plastic wrap and refrigerate for 15 minutes. Preheat the oven to moderate 180°C (350°F/Gas 4) and heat a baking tray.

3 Roll out the chilled pastry between 2 sheets of baking paper until large enough to line the base and side of a lightly greased 23 cm (9 inch) loose-bottomed flan tin. Ease the pastry into the tin and trim the edge. Refrigerate for 15 minutes. Line the pastry with a sheet of crumpled baking paper and spread a layer of baking beads or rice evenly over the paper, then bake on the heated baking tray for 15 minutes.

4 Remove the paper and beads and bake the pastry for another 5 minutes. Reduce the heat to



ABOVE: Prune and almond tart

warm 160°C (315°F/Gas 2-3). Sprinkle marzipan over the pastry base, then bake for another 5-10 minutes, or until golden. Leave in the tin to cool.

5 To make the custard cream, in a small bowl, mix the custard powder with a little milk until smooth. Transfer to a pan and add the remaining milk and sugar. Stir over medium heat for 5 minutes, or until the mixture boils and thickens. Stir in the sour cream and vanilla essence, remove from the heat and cover the surface with plastic wrap to prevent a skin forming. Allow to cool slightly.

6 Spread the custard cream, while it is still warm, evenly over the pastry case. Cut the prunes in half lengthways and arrange over the custard. Warm the redcurrant mixture and carefully spoon over the tart to cover it completely. Refrigerate for at least 2 hours to allow the custard to firm before serving.

RASPBERRY SHORTCAKE

Preparation time: 30 minutes + chilling

Total cooking time: 20 minutes

Serves 6-8



1 cup (125 g/4 oz) plain flour

1/3 cup (40 g/1 1/4 oz) icing sugar

90 g (3 oz) chilled unsalted butter,
chopped

1 egg yolk

1/2 teaspoon vanilla essence
cream, for serving

Topping

750 g (1 1/2 lb) fresh raspberries

1/4 cup (30 g/1 oz) icing sugar

1/3 cup (105 g/3 1/2 oz) redcurrant jelly

1 Sift the flour and icing sugar into a large bowl. Rub in the butter, using just your fingertips, until the mixture resembles breadcrumbs. Add the egg yolk, vanilla essence and 1/2-1 tablespoon water, enough to make the ingredients come together, then mix to a dough with a flat-bladed knife. Turn out onto a lightly floured surface and gather together into a ball. Flatten slightly, wrap in plastic wrap and refrigerate for 30 minutes.

2 Preheat the oven to moderate 180°C (350°F/Gas 4). Roll out the pastry to fit a fluted 34 x 10 cm (13 x 4 inch) loose-bottomed flan tin and

trim the edges. Prick all over with a fork and chill for 20 minutes. Line the pastry with a sheet of crumpled baking paper and spread a layer of baking beads or rice evenly over the paper. Bake for 15-20 minutes, or until golden. Remove the paper and beads and bake for another 15 minutes. Cool on a wire rack.

3 To make the topping, set aside 500 g (1 lb) of the best raspberries and mash the rest with the icing sugar. Spread the mashed raspberries over the shortcake just before serving.

4 Cover with the whole raspberries. Heat the redcurrant jelly in a small pan until melted and smooth. Use a soft pastry brush to coat the raspberries heavily with warm glaze. Cut into slices and serve with cream.

NOTE: Strawberry shortcake is a classic American dish. It is usually made as a round of shortcake which is split, then filled or topped with fresh strawberries.



ABOVE: Raspberry shortcake