

Vegan Chocolate Raspberry Tart



Recipe By FoodieBook

Ref: 491

Heading: Bread & Baking

Cuisine: British & Irish

Food Type: Vegan

No of Portions: 8

Ingredients & Prep

250 g white spelt flour

120 g coconut oil cold cut in small pieces

1 tbsp Maple Syrup

2 tbsp water

1/4 tsp salt

Chocolate Filling

300 g dark chocolate 70% chopped

300 ml coconut cream

160 g fresh raspberries

80 g palm or light brown sugar

50 g coconut oil

1 tsp vanilla extract

Method

Step 1 - Pre-heat oven to 180°C.

Step 2 - Place flour & cold coconut pieces in a food processor & blitz to a crumb, add water & maple syrup, blitz again to combine, form into a ball cover with cling film & put in the fridge for 1 hour.

Step 3 - Roll out pastry in-between 2 sheets ovenproof of cling film (NOT WRAP) to about 30 cm disc, put back in the fridge to firm it up for 10 mins, take out & lay on the worktop & pull off top sheet of cling film, take a 23 cm loose bottom tart/flan tin & oil with sunflower or rapeseed oil, then place the tin upside-down centrally over the pastry, grab the edges of the remaining cling film & turn it over & gently push the pastry into the tin, leave the cling film on & add dry rice, mound up the sides to the top & bake for 20 mins, take out remove cling film & bake for another 5 mins, take out & allow to cool.

Step 4 - Place raspberries neatly across the bottom of the pastry case.

Step 5 - Make the chocolate filling by placing coconut cream, sugar & coconut oil in a saucepan, bring to a simmer stirring constantly to dissolve the sugar, then take off the heat & add the chopped chocolate & mix in until it has dissolved, carefully pour hot filling over the raspberries, push any that have moved to even out across the base.

Step 6 - Let the tart cool down then place in the fridge to set.

Suggestion & Tips

Check that you have heat proof cling film NOT food wrap, most you buy is the right one.