Treacle Lattice Tart



Recipe By FoodieBook

Ref: 496
Heading: Puddings
Cuisine: British & Irish
Food Type: Vegetarian
No of Portions: 12

Ingredients & Prep

250 g plain flour
140 g butter unsalted cold
3 tbsp water
1/4 tsp salt
Filling
400 g golden syrup
150 g breadcrumbs fresh white
1 lemon juice & zest
1 egg beaten

Method

Step 1 - Per-heat over to 180'c.
Step 2 - Place flour & salt in a mixing bowl, then grate a 1/4 of the butter in & combine, the next 1/4 & combine & so on until all in then rub in with your finger tips until a fine crumb, add water it should come together in to a ball with the heat of your hands if not add a touch more water, wrap in cling film & place in the fridge for 20 mins to rest.
Step 3 - In a microwave proof bowl (glass is best) place breadcrumbs, golden syrup, lemon juice & zest, mix altogether then place in the microwave just to get hot only, don't let it boil, take out & set aside.
Step 4 - Butter grease a 18 cm/7 in loose-bottomed fluted flan tin, take out pastry & cut about 150g off to use for the lattice later, form the rest into a ball, flour the worktop & roll out with a rolling pin to a disc 22 cm across, then using the rolling pin lift the pastry centrally over the tin, then carefully push the pastry into the corners & flutes (if used) of the tin, prick the bottom with a fork, no need to blind bake.
Step 5 - Make the lattice by rolling 150g piece of pastry to 6 mm thick on floured worktop (2 £1 stacked thickness), then egg wash the top side using a pastry brush with the beaten egg, set aside.
Step 6 - Tip the breadcrumb mixture into the pastry lined tin evenly then cut strips about 8 mm wide (up to you) lay strips across the tart 1.5 cm apart one way then turn tart by 90' & lay the other rows 1.5 cm apart to make the lattice.
Step 7 - Place in the oven & bake for 25 to 30 mins, keep your eye on the lattice, if it starts to brown to much make a lid the same size as the tart from foil or greaseproof paper to stop it burning.

Suggestion & Tips

Best eaten warm from the oven with a double cream or ice cream.