

Maple Syrup Lattice Tart



Ingredients & Prep

250 g Plain flour
140 g Butter unsalted cold
3 tbsp Lemon juice
1/4 tsp Salt

Filling

200 g Golden syrup
200 g Maple Syrup
170 g Breadcrumbs fresh white
1 Lemon juice & zest
1 Egg beaten for brushing

Suggestion & Tips

Eat warm with lots of double cream or vanilla ice cream.

Recipe By Jaxters

Ref: 908

Heading: Puddings

Cuisine: British & Irish

Food Type: Vegetarian

No of Portions: 8

Method

Step 1 - Pre-heat oven 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 45 mins to rest.

Step 3 - In a bowl place breadcrumbs, golden syrup, maple syrup lemon juice & zest, mix altogether well.

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 4 mm thick on floured worktop, 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 too much make a lid the same size as the tart from foil or greaseproof paper to stop it burning.