Fruit tart

Fruit flan tart was my favourite sweet growing up (that and danishes!), so I had to come up with a way to recreate this treat as close as possible with my food restrictions. This is what I have developed, and it is pretty yummy! Not exactly something you'd buy from a French Patisserie, but close enough!

Base

1.5 cups almond meal
1.5 cups hazelnut meal
1 tablespoon flaxseed or ground chia seeds
2 tablespoons cacao or ground cinnamon
2-3 tablespoons maple syrup
3 tablespoons coconut oil

Preheat oven to 150 degrees Celsius.
Combine all the dry ingredients and combine. Add in the wet ingredients and combine.
Press into a lined cake or tart tin. Press down firmly to make a solid, flat base.

Bake in the oven until golden and firm – 20 to 30 minutes.
Set aside to cool the pan, and then pop into freezer.

Filling

800 ml canned coconut milk
2 tablespoons gelatine (you could try agar agar f you wanted this to be vegetarian/vegan)
1 cup maple syrup
1 cup water

Heat the coconut milk in a saucepan over medium heat for about 5 minutes, without boiling.
Remove from the heat, pour into a bowl, and set aside.
Pour water into clean saucepan. Sprinkle the gelatine over the water, and heat over a medium heat, stirring, until gelatine has dissolved.
Add the coconut milk into the gelatine mix.
Add in the maple syrup.
Stir over the heat until combined. Remove from heat, and leave to cool.
Once the tart base is firm, pour the filling mixture gently across the base.
Cover with cling wrap and put into the freezer to set (this will take several hours).
Remove from freezer at least 1-2 hour before serving.
Store in fridge or freezer.

Fruit topping

Mixed fresh fruit

1/2 cup jam
2 tablespoons water

Add the jam and water in a small pan, and stir well over a low heat to melt.
Strain to remove any pulp through a sieve.
Pour back into pan and heat gently for about 5 minutes until thick. Allow to cool slightly.
Slice up desired fruit.
Place in preferred pattern on top of the tart filling.
Dip pastry brush into jam glaze and lightly brush over the fruit.