

PEACH TART

4 Portions | Preparation time 90 min

INGREDIENTS

BOTTOM OF GRATED

250 g wheat flour

150 g butter

1 tablespoon of stevia

1 egg

40 ml of water

One lemon peel

FILLING

8 pieces of peaches

One lemon juice.

50 g butter

1 tablespoon of maple syrup

10 g of sugar with real vanilla

60 ml of dry white wine

1 cinnamon stick

4 cardamom grains

2 tablespoons of almond flakes

INSTRUCTION

Sift half of the wheat flour into the board. Add stevia, egg and cold butter to the flour. Grind the butter on the thick meshes on the grater, then knead the dough faster. Knead the dough as soon as possible, gradually adding the rest of the flour and 40 ml of water. At the end add the peel which has been wiped off from one lemon.

PURCHASE LIST

Wheat flour

Butter

Egg

Lemon

8 peaches

Maple syrup

Sugar with real vanilla

White dry wine

Cinnamon

Cardamom

Almond flakes

When the dough has reached the right consistency, form a 10 cm cake from it, place it in a foil bag and for a minimum of 10 cm. Place in the freezer for 30 minutes. After this time take out the dough, place it on baking paper and roll out to a diameter such that it fills the baking tin. Then place the dough together with the paper in the baking tin. Cut the pieces of paper protruding out of the tin and level the edges of the dough. Place the form in the fridge for 30 minutes.

While the dough is cooled, prepare the filling. Scald the peaches and peel off the skin. Cut each peach in half, take out the stone and cut into slices - quite thin. Place the slices cut into two bowls - put the big, nice slices in one and the smaller or broken ones in the other. The less attractive ones should be about 1/3 of the whole peaches, we will use them to make a mousse. Crush 4 cardamom seeds in a mortar. Remove the shells. In a pot dissolve 50 g of butter. Add peaches (those less attractive slices), a cinnamon stick, cardamom, a pack of sugar with real vanilla, a spoonful of maple syrup and 60 ml of dry white wine to the hot butter. Stirring and cooking. When the peaches start to soften, crush them, e.g. with a potato mash. Boil the whole thing about 10-15 minutes. If we used little ripe peaches (not very sweet) we can add sugar or honey.

Remove the dough from the fridge. Pierce the dough with a fork. Place the peach mousse in a baking tin with the dough, spreading it evenly throughout the whole dough. Place the peach slices overlapping on the mousse, tight enough to cover the mousse.

Preheat the oven to 180 °C and place the dough for 35 minutes. 5 minutes before the end of baking, heat a dry pan and roast the almond flakes. Add the roasted almond flakes to the top of the dough as soon as you take it out of the oven.