



Recipe Category / Pies and Tarts

Forest Fruit Tart

20'

Hands on

1 hour'

Hands off

35'

Cook Time

8

Portion(s)

1

Difficulty



Ingredients

For dough

- 300 g flour
- 100 g butter, chilled
- 75 g icing sugar
- 1 egg
- 1 egg yolk, for brushing
- 1 tablespoon water (in case the dough is too firm)

For filling

- 900 g forest fruit or wild berries, frozen thawed and strained (reserve juice)
- 150-250 g granulated sugar
- 70 g cornstarch
- juice from half a lemon

For glaze

- 150 g icing sugar
- 1-2 tablespoons berry juice, from thawed fruits

Method

Photo credit: G.

Drakopoulos - Food Styling: T. Webb

- Beat the flour, sugar and butter in a food processor, until the butter dissolves completely. Lower the speed and add 1 egg. The flour should change color and texture. It should become yellowish in color and resemble coarse breadcrumbs.
- Add the chilled water slowly, until the dough comes together and becomes soft enough to work with.
- Work in plastic wrap and refrigerate for at least 1 hour so it can rest. It would be best if you flatten dough as much as possible before wrapping. It will make it much easier to roll out.
- Grease and flour a 28 cm tart pan, round or rectangular is fine. Set aside.
- Lay out 2 large pieces of parchment paper. Place dough between them. Use the rolling pin to roll out the dough between the 2 sheets of parchment. If it does not roll out easily, let the dough sit at room temperature for 5 minutes so it can soften.
- Preheat oven to 190* C (374* F) Fan.
- In a large bowl, toss the forest fruit with sugar, cornstarch, lemon juice and salt. Set aside until needed.
- Spread the dough in the tart pan and press onto bottom and sides. Add the filling.
- Bake for 25-35 minutes, until golden.
- While the pie is cooking, prepare the glaze by simply mixing together the icing sugar with the juices the fruit released while thawing.
- Decorate the top of the pie nicely with the glaze.

Διατροφικός πίνακας

Nutrition information per 100 gr.

327 Calories (kcal)	6.3 Total Fat (g)	3.8 Saturated Fat (g)	64.0 Total Carbs (g)
16%	9%	19%	25%
38.2 Sugars (g)	2.8 Protein (g)	1.3 Fibre (g)	0.09 Sodium (g)
42%	6%	5%	2%