

GF Friendly

Golden Syrup Tart

golden syrup and breadcrumbs baked in a shortcrust-pastry base

For anyone who doubts that this tart can be made gluten-free, check out our Shortcrust Pastry Recipe 56, which includes step-by-step, illustrated directions. Being sweet with a rich pastry, it isn't exactly weight-watchers; but if you feel like being a bit naughty, you could try a small slice and let your friends wolf the rest!

Pastry

- 6 Tbsps plain flour
- 1 Tbsp sugar
- 80g butter
- 1 egg yolk
- a little milk to bind

Filling

- 75g white breadcrumbs (fresh if available)
- 9 Tbsps golden syrup
- grated rind of ½ a lemon



For wheat-flour pastry, mix the sugar with the flour, then rub in the butter until the mixture resembles fine breadcrumbs. In a separate bowl, lightly beat the egg yolk with about a tablespoon of milk. Make a well in the centre of the dry ingredients, pour in the egg and combine carefully with a fork or knife to take up the liquid. A little more milk may need to be added, but not too much – the dough should be pliable, not sticky. Roll this out and transfer to a greased 23cm (9 inch) pie dish. Blind bake on 198°C fan-forced (220°C conventional) for five minutes covered, then a further five minutes uncovered. For blind-bake method see Handy Hints (cooking).

While the pastry is baking, mix the breadcrumbs, grated lemon-rind and golden syrup together. Once the pastry is done, spread the syrup mixture evenly over the pastry base. Bake on the same temperature for about 15 minutes, or until golden brown – beware of over-cooking! Allow to cool slightly before slicing.

Serve warm or cold

not sure about freezing, but worth a try

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