



Coconut, syrup & lime tart

 Vegetarian

READY IN



210 min.

SERVINGS



6

CALORIES



1096 kcal

DESSERT

Ingredients

- ☐ 225 g flour plain
- ☐ 1 tsp icing sugar
- ☐ 1 tbsp caster sugar
- ☐ 140 g butter unsalted cold cubed
- ☐ 1 large egg yolk
- ☐ 100 g creamed coconut roughly chopped (not coconut cream)
- ☐ 150 g desiccated coconut
- ☐ 4 large eggs

- ☐ 140 g breadcrumb fresh white fine
- ☐ 140 g golden syrup
- ☐ 100 g treacle black
- ☐ 3 juice of lime finely grated
- ☐ 2 tbsp rum dark
- ☐ 284 ml carton double cream
- ☐ 6 servings icing sugar
- ☐ 6 servings double cream

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ spatula
- ☐ pastry brush

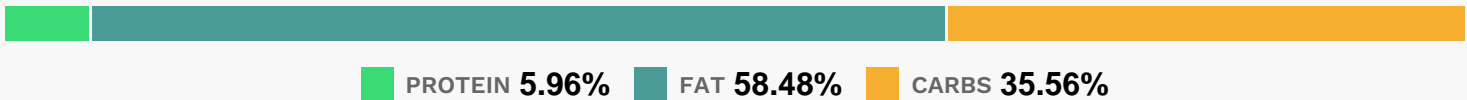
Directions

- ☐ Make the pastry (it's easiest in a food processor). Whizz the flour, sugars and a pinch of sea salt for a few seconds.
- ☐ Add the butter. Whizz for another few seconds until the mixture looks like coarse breadcrumbs.
- ☐ Whisk the egg yolk with 2 tbsp ice-cold water in a small bowl, then pour into the flour mixture. Whizz until the pastry has collected in a ball around the spindle, then remove it and press into a fat disc. Wrap the pastry in cling film and leave to rest in the fridge for at least 30 minutes.
- ☐ Bring the pastry back to cool room temperature and roll it out thinly on a well-floured surface. It is very short and crumbly, so work it quickly on a cold surface and patch up any tears using a little flour dabbled with a wet pastry brush. Line a loose-bottomed 25–26cm x 4cm tart tin,

so it's slightly proud of the tin. Chill for at least 30 minutes.

- ☐ Preheat the oven to 200C/gas 6/ fan 180C. Line the pastry with foil, then pour in ceramic or dried beans.
- ☐ Bake for 12-14 minutes, remove the foil and beans and cook for a further 5 minutes or until the pastry is no longer raw-looking but remains uncoloured.
- ☐ Remove from the oven and put to one side while you get the filling ready.
- ☐ Put the creamed coconut in a heatproof bowl and add 150ml/ pint of boiling water.
- ☐ Whisk until the coconut has dissolved, then leave to cool.
- ☐ Put the remaining ingredients, except the double cream, into a food processor and whizz to combine. (The syrup and treacle can be weighed together and are easier to pour if the cans have been warmed first. Use a plastic spatula to scrape every last jot into the processor.)
- ☐ Add the cooled creamed coconut and double cream and whizz again.
- ☐ Preheat the oven to 170C/gas 3/fan 150C.
- ☐ Put the tart tin on to a heavy baking sheet.
- ☐ Pour the filling in to reach the top of the pastry – it doesn't rise much so it won't overflow.
- ☐ Bake for 40-50 minutes, or until the tart is golden and set. Leave to cool for at least 15 minutes before serving warm or at room temperature.
- ☐ Serve dusted with icing sugar, with a jug of crme frache or double cream alongside.

Nutrition Facts



Properties

Glycemic Index:37.18, Glycemic Load:33.74, Inflammation Score:-8, Nutrition Score:24.433912982111%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 1096.15kcal (54.81%), Fat: 71.63g (110.2%), Saturated Fat: 50.32g (314.48%), Carbohydrates: 97.98g (32.66%), Net Carbohydrates: 91.78g (33.37%), Sugar: 44.97g (49.96%), Cholesterol: 265.65mg (88.55%), Sodium:

255.34mg (11.1%), Alcohol: 1.67g (100%), Alcohol %: 0.72% (100%), Protein: 16.43g (32.86%), Manganese: 1.64mg (81.9%), Selenium: 37.22µg (53.17%), Iron: 7.34mg (40.78%), Vitamin B1: 0.58mg (38.71%), Vitamin B2: 0.61mg (35.91%), Vitamin A: 1586.17IU (31.72%), Folate: 121.97µg (30.49%), Phosphorus: 291.02mg (29.1%), Fiber: 6.2g (24.79%), Copper: 0.49mg (24.51%), Magnesium: 88.12mg (22.03%), Calcium: 216.16mg (21.62%), Vitamin B3: 4.11mg (20.57%), Potassium: 696.22mg (19.89%), Vitamin B5: 1.43mg (14.3%), Zinc: 2.13mg (14.19%), Vitamin B6: 0.26mg (13.25%), Vitamin D: 1.93µg (12.88%), Vitamin E: 1.63mg (10.88%), Vitamin B12: 0.57µg (9.58%), Vitamin C: 5.52mg (6.69%), Vitamin K: 5.27µg (5.02%)