

Simnel cherry tart

 Vegetarian

READY IN



110 min.

SERVINGS



15

CALORIES



422 kcal

DESSERT

Ingredients

- ☐ 75 g self raising flour for dusting
- ☐ 375 g pastry crust sweet
- ☐ 140 g butter softened
- ☐ 140 g brown sugar
- ☐ 2 large eggs
- ☐ 75 g almond flour
- ☐ 175 g fruit mixed dried
- ☐ 50 g cherries halved

- ☐ 1 orange zest
- ☐ 1 tsp spice mixed
- ☐ 1 tsp cinnamon
- ☐ 6 tbsp smucker's cherry preserves
- ☐ 350 g marzipan cut into small cubes, ½ rolled into 11 balls to represent the apostles
- ☐ 50 g powdered sugar
- ☐ 25 g almonds flaked toasted

Equipment

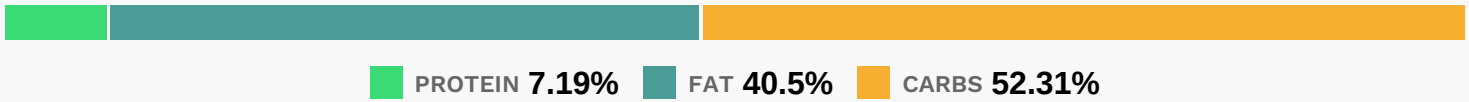
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ grill
- ☐ spatula
- ☐ rolling pin

Directions

- ☐ On a floured work surface, roll out the pastry to the thickness of a 1 coin. Lift the pastry over your rolling pin and use to line a 20 x 30cm rectangular fluted tart tin, leaving a rim of overhanging pastry. Chill for at least 30 mins.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Line your pastry case with baking parchment, then fill with baking beans. Blind-bake for 15 mins, remove the beans and parchment, and bake for a further 10 mins until the pastry is pale golden and biscuity. Leave to cool.
- ☐ Reduce oven to 170C/150C fan/gas
- ☐ In a bowl, cream the butter and sugar until pale and creamy.
- ☐ Add the eggs, one at a time, whisking well between each addition. Stir in the flour, almonds, dried fruit, cherries, half the orange zest, and the spices.
- ☐ Spread the jam over the base of the tart case, then dot the cubes of marzipan over the top.

- ☐ Pour over the cake mixture and smooth with a spatula.
- ☐ Bake for 35 mins until golden and risen. Leave to cool in the tin.
- ☐ If you want to brown the tops of your marzipan balls, heat the grill to medium.
- ☐ Put the marzipan balls on a baking tray lined with baking parchment and place under the grill for 1–2 mins until golden make sure you keep an eye on them, as they will burn easily.
- ☐ Let cool. To make the icing, mix the icing sugar with enough orange juice to make a thick, smooth icing.
- ☐ Drizzle the icing over the tart, top with the toasted marzipan balls, flaked almonds and the remaining orange zest.
- ☐ Cut into squares to serve. Will keep for 5 days in a sealed container.

Nutrition Facts



Properties

Glycemic Index:18.53, Glycemic Load:12.23, Inflammation Score:-4, Nutrition Score:9.5517391484717%

Flavonoids

Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 421.94kcal (21.1%), Fat: 19.42g (29.87%), Saturated Fat: 6.14g (38.39%), Carbohydrates: 56.43g (18.81%), Net Carbohydrates: 52.89g (19.23%), Sugar: 31.89g (35.44%), Cholesterol: 44.87mg (14.96%), Sodium: 204.56mg (8.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.76g (15.52%), Manganese: 0.67mg (33.55%), Vitamin E: 3.62mg (24.1%), Selenium: 10.64µg (15.2%), Vitamin B2: 0.24mg (14.17%), Fiber: 3.53g (14.12%), Magnesium: 53.07mg (13.27%), Vitamin B1: 0.18mg (12.32%), Iron: 2.06mg (11.46%), Phosphorus: 113.9mg (11.39%), Folate: 44.24µg (11.06%), Copper: 0.21mg (10.57%), Vitamin B3: 2.04mg (10.2%), Calcium: 70.87mg (7.09%), Potassium: 218.86mg (6.25%), Vitamin A: 279.79IU (5.6%), Zinc: 0.76mg (5.05%), Vitamin B5: 0.36mg (3.63%), Vitamin K: 3.3µg (3.14%), Vitamin B6: 0.05mg (2.71%), Vitamin C: 2.2mg (2.67%), Vitamin B12: 0.08µg (1.25%)