



Stem ginger & treacle tart

 Dairy Free

READY IN



165 min.

SERVINGS



8

CALORIES



714 kcal

DESSERT

Ingredients

- ☐ 375 g pack shortcrust pastry sweet
- ☐ 750 g golden syrup
- ☐ 225 g breadcrumbs
- ☐ 1 lemon zest
- ☐ 1.5 tsp ground ginger
- ☐ 3 eggs
- ☐ 6 balls stem ginger thinly sliced
- ☐ 8 servings custard sauce

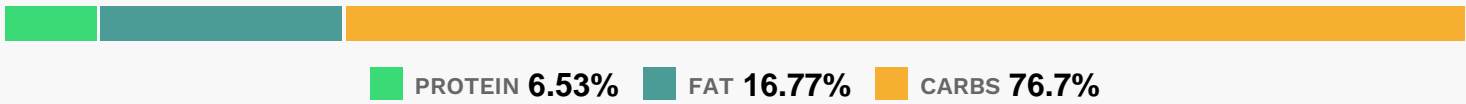
Equipment

- ☐ oven
- ☐ serrated knife

Directions

- ☐ Roll out the pastry on a lightly floured surface until big enough to line a 23cm fluted tart case, about 3cm deep. Line the tin with the pastry and fold the overhang over the sides. Chill for 30 mins.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Line the tart with greaseproof paper and baking beans.
- ☐ Bake blind for 20 mins.
- ☐ Remove the beans and paper and bake for 10 mins more until the pastry is pale golden and sandy.
- ☐ Meanwhile, mix the golden syrup, breadcrumbs, lemon zest and juice, ground ginger and eggs together. Once the pastry is ready, lower the oven to 160C/140C fan/gas
- ☐ Using a small serrated knife, carefully trim the edges, then tip in the treacle mixture and bake for 55 mins-1 hr until the filling is golden and crisp, and feels set to the touch.
- ☐ When the tart comes out of the oven, arrange the ginger slices over the top.
- ☐ Drizzle with some syrup from the ginger jar, then lift from the tin to a serving plate and serve warm with vanilla ice cream or custard.

Nutrition Facts



Properties

Glycemic Index:22.13, Glycemic Load:65.05, Inflammation Score:-4, Nutrition Score:13.416087140208%

Nutrients (% of daily need)

Calories: 713.55kcal (35.68%), Fat: 13.15g (20.24%), Saturated Fat: 6.04g (37.72%), Carbohydrates: 135.35g (45.12%), Net Carbohydrates: 132.59g (48.21%), Sugar: 90.2g (100.22%), Cholesterol: 90.42mg (30.14%), Sodium: 508.74mg (22.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.53g (23.05%), Vitamin B1: 0.56mg

(37.33%), Selenium: 24.46µg (34.95%), Manganese: 0.61mg (30.28%), Vitamin B2: 0.51mg (29.91%), Folate: 82.62µg (20.66%), Vitamin B3: 3.91mg (19.53%), Phosphorus: 184.44mg (18.44%), Iron: 3.29mg (18.27%), Calcium: 151.85mg (15.19%), Fiber: 2.76g (11.04%), Vitamin B5: 0.94mg (9.39%), Zinc: 1.32mg (8.82%), Vitamin B12: 0.5µg (8.38%), Magnesium: 31.5mg (7.88%), Copper: 0.15mg (7.51%), Vitamin A: 367.44IU (7.35%), Potassium: 252.69mg (7.22%), Vitamin B6: 0.11mg (5.62%), Vitamin K: 3.28µg (3.12%), Vitamin D: 0.46µg (3.08%), Vitamin E: 0.44mg (2.9%), Vitamin C: 1.4mg (1.7%)