

MINCE TARTS WITH DUCK FAT PASTRY

(MAKES 20+ MINCE TARTS)

EQUIPMENT

MIXING BOWLS, CHEF'S KNIFE, SCALES, MUFFIN TIN, SPOONS, PASTRY BRUSH, CHEESE GRATER, ROLLING PIN, SCONE OR COOKIE CUTTER

INGREDIENTS

100GM MIXED DRIED PEEL, 200GM RAISINS, 200GM DRIED APRICOTS, 200GM SULTANAS, 250GM CURRENTS, 100GM DRIED CRANBERRIES, 100GM PITTED PRUNES, 200GM DARK BROWN SUGAR, 2 GRANNY SMITH APPLES, 1 ORANGE ZESTED, 150GM PEDRO XIMENEZ SHERRY, 2GM GROUND CINNAMON, 5GM GROUND GINGER, 1 EGG YOLK, 5GM VANILLA EXTRACT

FOR THE PASTRY...

500GM PLAIN FLOUR, 200GM COLD BUTTER, 175GM DUCK FAT, 80-120GM ICED WATER, 100GM CASTER SUGAR

METHOD

IN A LARGE MIXING BOWL PLACE SULTANAS, CURRENTS, RAISINS, MIXED PEEL, CRANBERRIES AND DARK BROWN SUGAR.

FINELY SLICE THE APRICOTS AND PRUNES AND ADD TO THE OTHER INGREDIENTS.

FINELY GRATE THE ORANGE ZEST AND GRATE THE APPLES COARSELY AND ADD THE APPLE AND ZEST TO THE OTHER INGREDIENTS WITH VANILLA, CINNAMON AND GINGER.

MIX ALL INGREDIENTS TOGETHER UNTIL WELL COMBINED AND POUR OVER THE SHERRY, MIX WELL AGAIN AND COVER THE BOWL WITH CLING FILM AND LEAVE IN A COOL PLACE OVERNIGHT TO MACERATE OR IN THE FRIDGE FOR 3-4 WEEKS.

FOR THE PASTRY MIX TOGETHER FLOUR AND CASTER SUGAR, ADD VERY COLD, DICED BUTTER AND RUB THE BUTTER INTO THE FLOUR UNTIL IT RESEMBLES COARSE BREADCRUMBS.

NEXT ADD THE DUCK FAT AND WORK IT INTO THE FLOUR AND BUTTER BRIEFLY. FINALLY ADD A LITTLE COLD WATER UNTIL THE DOUGH COMES TOGETHER.

IF THE DOUGH IS TOO STICKY ADD A LITTLE EXTRA FLOUR.

ONCE THE DOUGH IS SMOOTH WRAP IT IN CLING-FILM AND PLACE IT IN THE FREEZER TO COMPLETELY CHILL.

LIGHTLY BUTTER MUFFIN TIN/S AND REMOVE THE PASTRY FROM THE FREEZER. WORK THE PASTRY UNTIL PLIABLE BUT STILL VERY COLD.

ROLL THE PASTRY OUT TO APPROX .5CM AND CUT OUT ENOUGH PASTRY DISCS FOR TART BASES AND TOPS.

LINE THE MUFFIN TINS WITH THE PASTRY AND FILL THE PASTRY SHELLS AND PLACE THE PASTRY LIDS ON TOP PRESSING DOWN SO THE BASE AND TOP MEETS.

BRIEFLY WHISK AN EGG YOLK AND BRUSH THE TOP OF THE TARTS WITH EGG YOLK, SPRINKLE OVER CASTER SUGAR AND LEAVE THE TARTS ON THE BENCH TO REST FOR 15 MINUTES. ONCE RESTED PLACE THE TARTS IN A PRE-HEATED OVEN 170°C COMBI MODE AND BAKE FOR 20-25 MINUTES UNTIL GOLDEN.

ONCE BAKED REMOVE THE TARTS FROM THE OVEN AND REST IN THE TIN FOR 5 MINUTES, COOL THE TARTS ON A WIRE RACK AND SIFT OVER ICING SUGAR IF DESIRED.

HINTS & TIPS

- THIS PASTRY CAN BE A LITTLE DIFFICULT TO MANAGE AND WORK WITH BUT YOUR PERSISTENCE WILL PAY OFF. IF THE PASTRY CRACKS, BREAKS AND BECOMES TOO WARM JUST PLACE IT BACK INTO THE FRIDGE TO COOL AND BEGIN AGAIN.

- YOU CAN MACERATE YOUR DRIED FRUITS UP TO 6 MONTHS AHEAD OF TIME. PLACE THE FRUITS IN THE FRIDGE IN A STERILISED JAR.