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Treacle, Coconut And Sultana Tart



Ingredients

60g wholewheat flour
60g self raising flour
A pinch of salt
60g soft margarine*
Cold water
100g brown bread
1 lemon
320g golden syrup
100g dessicated coconut
75g sultanas
A little milk
Icing sugar
Servings
6
Person

Preparation

- 1 Add a pinch of salt to the wholemeal and self raising flours mixed together. Add the soft margarine, cut into small pieces, and rub lightly into the flour. Add cold water a little at a time and mix with a knife until it forms a soft dough.
- 2 Wrap the dough in cling film and rest in the fridge for about 20 minutes.
- 3 Meanwhile, break the bread into small pieces and then turn into fine breadcrumbs in a food processor.
- 4 Finely zest the lemon and then squeeze out the juice.
- 5 Preheat the oven to 190 degrees, 170 degrees fan oven.
- 6 Lightly grease a small loose bottomed flan tin; mine measured about 20cm. Roll out the dough fairly thinly on a lightly floured surface, line the tin and then trim off any excess.
- 7 Gently warm the syrup in a large saucepan and stir in the lemon zest and a tablespoon of juice. Remove from the heat and stir the breadcrumbs, coconut and finally the

sultanas into the warmed syrup.

- 8 Spoon the treacle mixture into the pastry case and spread evenly. Brush the pastry edges lightly with milk then bake in the preheated oven for about 30 minutes.
- 9 Once cooled, dust lightly with icing sugar.

Cooks Note

A sweet and sticky treacle tart with coconut and juicy sultanas and a wholewheat pastry case.

Enjoy this treacle tart hot or cold, with cream, ice cream or custard, or simply on its own.

*I like to make pastry with soft margarine, but you could use butter instead if you prefer it.
