

Best of season
at Prahran
Market

harvest



Shopping List

Ingredients:

- 8-10 apricots
- 1 tbsp. sugar
- 1 cup water
- 1 tbsp. cream
- 1 tbsp. castor sugar
- 1 egg
- 1 sheet butter puff pastry

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Recipes by
Louise Harper

Get tips on preparing delicious meals using fresh seasonal market produce at the Blanco Kitchen at Prahran Market, Fruit and Vegetable Hall 10.am-2.pm

APRICOT TART

Apricot Tart

Ingredients:

- 8-10 apricots
- 1 tbsp. sugar
- 1 cup water
- 1 tbsp. cream
- 1 tbsp. castor sugar
- 1 egg
- 1 sheet butter puff pastry

Method:

- Wash and halve the apricots, removing the stone.
- Place them in a saucepan with the tablespoon of sugar and water and simmer for five minutes.
- Remove the apricots, but continue to simmer the liquid to reduce it to about two thirds to form a glaze.
- Line the pie dish with the pastry.
- Whisk the egg, cream and castor sugar together.
- Pour the egg mix into the pastry, then carefully place the apricots on top.
- Bake for 15-20 minutes at the bottom of the oven at 180 degrees, using the convection function, or if you have it, the bottom element with fan function.
- Pour the glaze over the tart and allow to cool before serving.