

Cape Fruit Tart

Pastry

1/4 lb very cold butter
1 and 1/4 Cup cake flour
1 heaped tsp baking powder
2 Tbs sugar
1 egg yolk beaten with 1T water
1 egg white for glazing

Filling

2 bananas sliced depending on size
1 tin (540 ml) pie apples or 2 gently cooked fresh apples
1 tin (398 ml) peach halves or 2 fresh peaches sliced
1/4 c chopped pecan nuts
Juice of 1/2 lemon
Cinnamon, nutmeg and sugar to taste

Method

Preheat the oven to 400 F. Butter or spray a loose bottom 7 inch sandwich type baking tin. (This is a deep pie therefore use a tin versus a pie plate).

Sift the flour and baking powder together and add the sugar.
Grate the butter and using finger tips rub in till well mixed.
Beat egg and water and add to the pastry to create a very soft dough
Roll out to thin pastry. (Very fragile)
Place and mould 2/3rd of pastry into the base and up the sides of pie tin. Can be patchy.
Wipe the egg white over the pastry with a brush.
Chill the rest of the pastry (1/3rd)

Make the filling by dividing each ingredients in half and arrange in alternating layers of pie apples, peach halves, bananas.
Sprinkle with the nuts.
Sprinkle with the juice of the lemon.
Flavor judiciously with cinnamon, nutmeg and sugar.
Repeat the layers and then roll out the pastry for the top. Paint the rest of the egg white over the top. Prick to allow steam to escape.
Bake at 400F for about 45 mins until golden brown. Remove the sides of the tin to cool.
(*Transport within the tin as it is fragile*)
Serve warm or cold with whipped cream or Ice cream

Makes a tart to feed 6 - 8 people. Can be doubled for a large tart. Then use 9 inch pan. You can use any selection of fruit in season.