

Naomi and Dawn's Red Fife Tart with Pinenut-cardamom filling

This recipe takes Lindsey Shere's, of Chez Panisse fame, filling of heavy cream and almonds to a new level. We substituted pinenuts with a touch of cardamom and of course, used a whole grain pastry. So thin and delicate- we can't get enough. This also makes excellent bar cookies- double and bake in 9x13 tray.

Ingredients:

2 c./290 grams whole grain Red Fife flour

2 tablespoons/30 grams sugar, organic

½ teaspoon/4 grams salt

1/2# butter, unsalted

2 eggs

Combine dry ingredients and cut in the butter until crumbly. Whisk together the eggs in a small bowl and add to the pastry. Mix until mixture is evenly wet. Let rest for 30 minutes in refrigerator.

Roll out into a 10 inch tart ring and trim. Let rest for 2 hours to overnight in refrigerator.

Parbake 375 for 1-205 minutes (use pie weights for first 10). Shell should be almost fully baked. Patch any holes with leftover dough.

Filling:

Bring ¾ cup heavy cream and ¾ cup sugar to a boil for 5 minutes. Add 1 cup of pineuts and generous pinch of cardamom and small pinch of salt (rose water or rum, too is nice). Pour into prebaked tart and bake 400F until bubbly and lightly colored-about 30 minutes. Let cool.