

Old Fashioned Treacle Tart



Ingredients

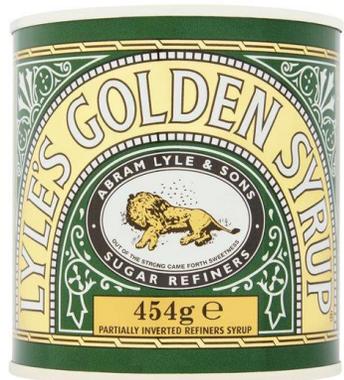
Shortcrust pastry



Fresh breadcrumbs



Golden syrup



Lemon zest



Milk



Method

- ▶ Pre-heat the oven to 190 degrees or gas mark 5.
- ▶ Lightly grease (with butter) an 8 inch fluted flan tin ideally with a loose base but this is not essential.
- ▶ Roll out the pastry thinly, unless using ready rolled pastry, and use it to line the flan tin with it. Make sure it comes right up to the top of the tin.
- ▶ Keep any pastry trimmings to use later.
- ▶ Put the lined flan dish into the fridge to chill for 30 minutes.



Assembling the Tart

- ▶ First make the breadcrumbs. You need 4oz or 100g of fresh white breadcrumbs. Make these by trimming the crusts off the bread slices and whizzing them up in a food processor. If you do not have a food processor you can grate the bread on a cheese grater but if you do this, it is better to use slightly stale bread.
- ▶ Measure out 6 tablespoons of golden syrup into a mixing bowl. If you grease the spoon with a little oil or butter first, it helps the syrup not to stick. If you have black treacle in your store cupboard you could use 1 tablespoon of treacle and 5 of syrup,
- ▶ Add the grated zest of one lemon.
- ▶ Then stir in the breadcrumbs and mix everything together really well.
- ▶ Pour the mixture into the pastry case making sure it is evenly filled.

Cooking the Tart

- ▶ Now roll out the pastry trimmings and cut strips long enough to make a criss-cross pattern all over the surface of the tart.



- ▶ Finally, brush the strips and edges of the pastry lightly with milk and place the tart on a baking sheet in the oven. Bake for about 30-35 minutes.
- ▶ This is good served with some chilled whipped cream or vanilla ice cream.