

# 3 Individual Frangipane Tartlets

## Sweet pastry

230g plain white flour

125g cold unsalted butter

50g icing sugar

1 egg yolk mixed with 2 tablespoons of milk

## Frangipane (Almond Cream)

125g unsalted butter

125g ground almonds

125g caster sugar

25g plain flour

2 medium eggs

1 tbs Poire William or Calvados or equivalent (optional)

Flaked almonds for topping.

1. Grease three small tartlet shells

2. Make sweet pastry and leave to rest in the fridge for at least an hour

3. Roll out pastry to 2-3mm thick and line the tartlet shells

4. Put the pastry shells back in the fridge to rest for 30 minutes

Whilst the pastry shells are resting make the frangipane...

5. Beat the butter until very soft

6. Add the sugar and ground almonds to the butter and beat some more

7. Mix in the flour

8. lastly add the eggs and alcohol if using

9. Fill the pastry cases with frangipane mixture and top with flaked almonds.

Bake in the oven 180C / Gas 4 for approx. 25-30mins.

(You will have pastry and frangipane left over to use for another day or make more tartlets)

# Chocolate Beetroot Cake

5g Cocoa Powder 180g plain Flour 250g caster sugar

2 tsp baking powder 3 large eggs 250g cooked beetroot

200ml cooking oil 1 tsp vanilla extract (icing sugar to dust)

Grease a 20.5cm round cake tin, dust with caster sugar and line with greaseproof paper. Mix the 4 dry ingredients together in a large bowl.

Liquidise the other ingredients until smooth. Pour the liquid into the dry mixture and beat well.

Pour the mixture into the cake tin and bake at 180C/gas mark 4 for at least an hour or until a knife comes out clean.

Leave in the tin for 15 minutes then turn out to cool.

To serve simply sieve icing sugar on the top.