

Apricot-Raspberry Almond Tart

Summer Fruit with Sugar & Spice | June 2007



- 1 RECIPE ALMOND PASTRY
- $\frac{3}{4}$ CUP ALMOND PASTE (ABOUT $\frac{3}{4}$ OF AN 8-OZ. CAN)
- 1 EGG WHITE, LIGHTLY BEATEN
- $\frac{1}{2}$ CUP PACKED BROWN SUGAR OR GRANULATED SUGAR
- 2 CUPS SLICED FRESH APRICOTS OR PEELED SLICED FRESH PEACHES
- 1 CUP FRESH RED RASPBERRIES
- 3 TBSP. APRICOT JAM
- 2 TBSP. SLICED ALMONDS
- MILK
- COARSE DECORATING SUGAR (OPTIONAL)

Prepare *Almond Pastry*. Divide pastry into two unequal pieces, one twice as large as the other; set aside smaller piece. On a lightly floured surface roll large ball of the pastry from center to edges into a 12-inch circle. Transfer to an 11-inch tart pan with removable bottom, pressing dough into sides and bottom of pan and trimming excess dough even with the top edge of the pan.

For filling, in a small bowl crumble almond paste. Stir in egg white and $\frac{1}{2}$ cup brown or granulated sugar. Spread or gently pat filling onto the bottom of the pastry-lined tart pan. In a medium bowl toss together apricots, berries, and jam; spoon atop almond paste mixture in tart pan. Sprinkle with sliced almonds.

Roll remaining pastry to $\frac{1}{8}$ -inch thickness (12-inch circle); cut into $\frac{1}{2}$ -inch-wide strips. Top tart with pastry strips in a lattice pattern (see how-to note). Trim the pastry strips even with the edge of the tart pan. Press ends of strips against the pan to seal. Lightly brush pastry strips with milk and, if desired, sprinkle with coarse decorating sugar.

Bake in a 375° oven for 1 hour or until crust is golden. Cool on a wire rack for 30 to 60 minutes. Remove sides of pan and cut into wedges to serve. Makes 8 servings.

ALMOND PASTRY: In a medium bowl stir together 2 cups all-purpose flour, $\frac{1}{2}$ cup ground almonds, 1 tablespoon sugar, and $\frac{1}{2}$ teaspoon salt. Using a pastry blender, cut in $\frac{3}{4}$ cup cold butter and 3 tablespoons shortening until pieces are pea-size. Sprinkle 1 tablespoon ice water over part of the flour mixture; gently toss with a fork. Push moistened dough to the side of the bowl. Repeat moistening flour mixture using 1 tablespoon water at a time (about 4 tablespoons more), until all the flour mixture is moistened. Using your fingers, form dough into a ball. Flatten dough into a disk. Wrap dough in plastic wrap and chill for 2 to 24 hours or until dough is easy to handle.

NOTE: For the lattice crust, lay half of the pastry strips over the filling at 1-inch intervals. Fold alternate strips back halfway. Place a pastry strip in the center of the tart across the strips already in place. Unfold the folded strips; fold back remaining strips and add another strip across the first set of strips parallel to strip in the center. Repeat the weaving steps until lattice covers the filling.

Per serving: 563 cal., 33 g fat (13 g sat. fat), 46 mg chol., 286 mg sodium, 62 g carbo., 5 g fiber, 8 g pro.

APRICOTS

Like cherries, apricots appear in the markets ever-so-briefly. To freeze fresh ones, halve and remove the pits, then place on a baking sheet in the freezer until solid. Pack in a resealable plastic bag in the freezer.