

Bakewell Tart with a Pastry Top: Homemade Shortcrust Pastry & Jam



Ingredients for Shortcrust Pastry:

200g Plain Flour
50g Butter
50g Lard / Trex
40ml Cold Water (approximately)
Pinch of Salt: School to Provide
Milk and Egg Wash: School to provide

Ingredients for Sponge:

50g Butter
50g Caster Sugar
50g Self-Raising Flour
25g Ground Almonds
1 Egg
2 Tablespoons Homemade Jam
Icing Sugar for Decoration

Ingredients for Jam:

1kg Raspberries / Strawberries / Blackcurrants / Mixed Fruits
Juice of 1 Lemon
1kg Bag of Jam Sugar (the one with pectin added)

Method:

1. Preheat the oven to 100°C or Gas Mark 1.
2. For the Jam: wash the jars thoroughly and dry them out.
3. Place the jars on a baking tray and warm them in the oven to sterilize them.
4. Place the fruit and sugar into a saucepan and add the lemon juice.
5. Mash the fruit to a pulp using a potato masher in the saucepan. Heat over a low heat and cook for 5 minutes. Continually stir with a white plastic spoon.
6. Bring to the boil and boil rapidly for approximately 5 – 10 minutes. Heat until the jam starts to form into a gel like consistency.
7. Once the jam is ready, pour into the sterilised jars.
8. Place a circle of greaseproof paper on top of the jam and seal the jar. It will keep unopened for a year, although the lovely bright colour will darken a little. Once open, keep in the fridge.
9. Increase the oven temperature to 190°C or Gas Mark 4 for the Bakewell tart.
10. Weigh and measure out the ingredients for the Bakewell tart.
11. Cut the butter and lard / trex into small pieces.
12. Sieve the flour into a large bowl.
13. Add in the pinch of salt, butter and lard / trex.
14. Rub fat into the flour with your fingertips until it resembles breadcrumbs. Add in the flavouring, for example dried mixed herbs. Mix with a round bladed knife.
15. Measure the 40ml cold water on the weighing scales.
16. Make a well in the middle of the breadcrumbs and add the water a little at a time, mixing with a round-bladed knife until it forms a dough.
17. Allow to chill in the fridge for at least 10 minutes while doing some washing up.
18. Once the pastry has had time to chill, remove from the fridge and divide into two sections, the base piece will need to be larger than the top.
19. Roll out on a floured surface, using a floured rolling pin, to approx. 0.5cm thick. Remember only roll forward so you have an even pressure on the pastry.
20. Put dish for cooking your bakewell tart in on a baking tray.
21. Line the dish with the pastry and trim edges. (Keep remains of pastry for decoration).
22. Onto the base of the pastry spread with the homemade jam.
23. In a large mixing bowl, cream together butter and caster sugar with a white plastic stirring spoon.
24. Crack the egg into a small bowl and beat with a fork.
25. Add the egg to the creamed sugar and butter mixture. Add ground almonds.
26. Sieve flour into the mixture and mix thoroughly with a white plastic stirring spoon.
27. Spread the mixture evenly over the jam.
28. To make the lattice pastry top, make strips from the remaining pastry. Arrange the pastry strips in a criss-cross pattern. Seal around the edges with water).
29. Brush the pastry with egg and milk wash.
30. Bake in oven for 40 to 45 minutes until the pastry is golden brown. If you have decided to make smaller individual portions you will need to adjust the cooking time.
31. Once cooked, dust the top of tart with icing sugar.

**You will need a round tin:
18 - 20cm in diameter or two smaller
individual portion dishes. You will
need some tin foil to cover the dish at
the end of the lesson.**

**Please bring a clean, old jar with a lid
to store the jam in.**