

## NUTRITION: Lazza is back

### Coconut Bakewell Tart

**Lazza is back in the kitchen trying new recipes  
Today, he is having a go at the Bakewell Tart**

A Bakewell Tart is an English confection consisting of a shortcrust pastry shell beneath layers of jam, frangipane, and a topping of flaked almonds. It is a variant of the Bakewell Pudding, closely associated with the town of Bakewell in Derbyshire.

Although the terms Bakewell Tart and Bakewell Pudding have been used interchangeably, each name refers to a specific dessert recipe.



1 Pastry Case  
50g butter (softened)  
100g Ground Almonds  
125g Caster Sugar (I admit I used granulated)  
3 eggs (even though there are two in the photo)  
Half teaspoon almond essence  
40g Desiccated Coconut  
3 tablespoon Raspberry Jam  
Flaked Almonds for topping

- Preheat Oven to 180C/Gas 4
- Filling is easy. Just whisk together the butter, ground almonds, sugar, eggs, almond essence and around 25g of the desiccated coconut. It makes a lovely paste.
- Blend the remaining coconut into the jam.
- Spread that all over the base of the pastry case.
- Pour over the filling carefully.
- Sprinkle the flaked almonds over the top.
- Bake for 30 minutes until golden.
- Serve warm or cold. I can tell you it smells scrummy - and I am just about to head to the oven to remove the tart!!



Next Week, I am attempting

Soup

**It's not perfect, but  
it is delicious**

**I dread to think how many  
calories are in each slice, but  
we all deserve treats.**