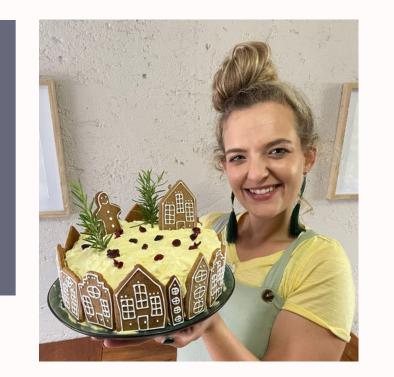


Saffron Brandy tart



by Miemie Engelbrecht

Tart Ingredients

- 5ml Baking soda
- 250ml Boiling water
- 250g Pitted dates (finely chopped) Pinch salt (safari packed dated)
- 125g Margarine
- 250ml Yellow sugar

- 2 Eggs
- 375ml Cake flour
- 5ml Baking powder
- 100g Pecan nuts (roughly chopped)

Method

- 1. Preheat the oven to 180 °C & coat two 22cm round cake pans with margarine/spray & cook. (Place two circle shaped pieces of baking paper in the bottom of each pan - this is very important for the tart not to stick. Also spray the circles with cooking spray.
- 2. Dissolve the baking soda in the boiling water, and pour it over the fine dates. Mix and let the dates sit to the side to cool down and soften.
- 3. Cream the butter and sugar, then add eggs one by one and mix well.
- 4. Sift flour, salt and baking powder together and gently add it to the creamed sugar mixture.
- 5. Add nuts, and lastly the cooled date mixture and mix well.
- 6. Pour evenly in the two prepared pans and bake for 40-50 min.
- 7. During the last 10 minute, make the sauce and pour it over the tarts as soon as they come out of the oven (while still in the pans.
- 8. Let them rest like this in the cake pans (cover with plastic wrap, until cooled enough to frost it.)



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Sauce Ingredients

- 350g White sugar
- 250ml Water
- 15ml Margarine
- 5ml Vanilla
- 200ml Brandy
- Small pinch of saffron (finely ground)

Method

- In a small pot, mix sugar and water on the stove and bring it to a boil.
- Add saffron and boil on medium-low for 5 min.
- Remove the pot from the stove and add the rest of the ingredients.
- Pour it over the tart as soon as you take it out of the oven (sauce needs to be piping hot!).

Frosting Ingredients

- 500ml Fresh cream
- 40g Icing sugar
- Small pinch of saffron (dry roast in a pan for 2 min, then grind with mortar and pestle.)

Method

- Whip cold cream until it is about a third in the process of being whipped.
- Now add the icing sugar and whip until it is almost stiff.
- Then add the saffron and whip until stiff peaks form.
- Then ice your tart!

How to roast saffron:

- Place a pan on the stove and let it warm up.
- Add the saffron threads to the pan and gently move around with a rubbel spatual for about 1 min until roasted (beware of burning them.)
- Add the toasted saffron threads to a mortal and pestle/small bowl and grind till fine.
- Add the finely ground saffron to the cream (beware of loosing saffron in the process.)

How to grind saffron:

- Add threads to a mortal and pestle, and grind OR
- Place saffron in a small bowl and use a teaspoon to grind it (place your hand over the bowl to keep saffron from jumping out.)
- Use a rubber spatula to scrape fine saffron from the bowl (be gentle and don't lose saffron in the process.)



