

Saffron Brandy tart

by Miemie Engelbrecht



Tart Ingredients

- 5ml Baking soda
- 250ml Boiling water
- 250g Pitted dates (finely chopped)
(safari packed dated)
- 125g Margarine
- 250ml Yellow sugar
- 2 Eggs
- 375ml Cake flour
- Pinch salt
- 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.)



Saffron Brandy Tart

by Miemie Engelbrecht

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 rubber spatula for about 1 min until roasted (beware of burning them.)
- Add the toasted saffron threads to a mortar and pestle/small bowl and grind till fine.
- Add the finely ground saffron to the cream (beware of losing saffron in the process.)

How to grind saffron:

- Add threads to a mortar 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.)