



Norfolk Federation of WIs

Charity Number: 227411

Norwich Tart

From Heather Jeary, Tharston & District WI

A traditional Norfolk recipe, a tart with a lovely soft almond filling.

Pastry: 225g / 8oz plain flour

Filling:

- 110g / 4oz butter
- 1 teasp baking powder
- 225g / 8oz icing sugar
- 75g / 3 oz butter
- 175g / 6oz ground almonds
- 50g / 2oz lard
- 1 lemon - rind and juice
- 40g / 1½ oz walnuts
- 75g / 3oz glace cherries

This makes 1 large 23 cm / 9” tin or two x 18cm / 7” foil dishes

Oven 200°C Gas 6

Method:

1. Make shortcrust pastry and line the tin. Bake blind (I line the inside with foil)
2. Cream together the butter and sugar and lemon rind.
3. Add the lemon juice then fold in the ground almonds.
4. Remove pastry cases from oven when cooked and fill with the creamed mixture.
5. Dot the chopped walnuts and cherries over the top.
Bake for 20-30 minutes until golden brown.
6. The filling will shrink and wrinkle up when cooled – this can be avoided by adding a beaten egg to the mixture.

