



Marithé's delicious recipes

Jam tart

NO EGGS, WHEAT FLOUR, MILK, PEANUTS OR FLAVOURING

INGREDIENTS

- 1 pot of strawberry or raspberry jam,
- 250 g Hammer Muhle flour (sold in health food shops or by mail order),
- 125 g sunflower margarine (without milk proteins),
- 50 g sugar,
- 1/2 glass water,
- Zest of 1/2 lemon, untreated,
- A pinch of salt.

INSTRUCTIONS

- Make a well in the flour, add the sugar, grated lemon zest, margarine (cut into cubes) and salt, knead together and add the water. Form a ball and put it in the refrigerator for 1 hour.
- Line a 20 cm diameter pie tin with greaseproof paper (or better still, use a bun tin for 12 little tarts 4 cm in diameter, since this pastry is extremely crumbly).
- Keep a third of the pastry for strips for decoration.
- Press the pastry into the tin(s) using your fingertips. Prick it using a fork.
- Spread the tart with jam, to a thickness of 5 mm.
- With the rest of the pastry, make strips 1 cm wide and criss-cross them over the jam.
- Place in a hot oven for 30 min, 220°C, or gas mark 7.
- Wait until the tart is cool before taking it out of the tin.

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