

Custard Tarts

Ingredients

100g Loprofin Mix

50g butter

½ teaspoon baking powder

1 tablespoon custard per tart

12 strawberries

½ teaspoon jam (warm) - check protein content on label

Oven temperature: 190°C/375°F/Gas Mark 5

Method

1. Place the Loprofin Mix and baking powder in a large bowl, and rub in the butter until the texture resembles coarse breadcrumbs.
2. Gradually add sufficient water to give a soft, manageable dough. Place the pastry mixture on a sheet of greaseproof paper and lightly knead for 30 seconds until a smooth dough is formed.
3. Roll out the dough and use to line 12 tartlet tins, and then bake blind in a preheated oven for 10-12 minutes.
4. When cooled, spoon 1 tablespoon of custard into each tartlet.
5. Place a strawberry into each tart and cover with jam warmed in the microwave.

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