

Fate Fruit Crumble Tarts – Makes 24 little cakes

Ingredients

Pastry

250g Fate All-Purpose Mix

125g block margarine/butter

Pinch of salt

30g caster sugar

50ml water

Crumble Topping

250g Fate Low Protein Cake Mix

50g block margarine/butter

1 teaspoon ground cinnamon

Fruit filling

Fresh fruit e.g. sliced peaches/apples/pears/plums or tinned fruit of your choice

Oven temperature: 200°C/400°F/Gas Mark 6

Method

1. To prepare the pastry, put the All-Purpose Mix into a mixing bowl and stir in the salt. Rub in the butter until the mixture resembles fine breadcrumbs, then continue until it resembles coarse breadcrumbs.
2. Measure the water into a separate dish and stir in the sugar. Add this to the All-Purpose Mixture, and using a metal spoon, mix quickly until it's smooth and creamy. If the mixture is very soft, leave it to sit for a couple of minutes.
3. Lightly dust the work surface with All-Purpose Mix, and knead the pastry for a minute or so until smooth. Then roll it out to about ½cm thick. Cut it into rounds and place into a patty tin.
4. To prepare the crumble topping, place the Fate Cake Mix into the bowl, and rub in the margarine/butter until the mixture resembles fine breadcrumbs. Stir in the cinnamon.
5. To put it all together, prepare and cut your fresh fruit into small pieces, or leave small fruits whole. If you are using canned/tinned fruit, make sure to drain well.
6. Place a little fruit in the base of each pastry case, and then sprinkle on some crumble topping.
7. Bake in the preheated oven for 20 minutes until firmed and brown. Remove from the oven and leave in the tin for a couple of minutes before place on a cooling rack.

This recipe has been provided by ©Fate Special Foods

National Centre for Inherited Metabolic Disorders