

# How to make Rick Stein's fig and frangipane tarts

## Ingredients: Makes six tartlets

For the shortcrust pastry:

170g plain flour, plus extra for rolling  
100g cold unsalted butter, cubed  
Pinch of salt

1 egg yolk  
1-2tbsp ice-cold water

For the filling:

100g butter, at room temperature  
100g caster sugar  
2 eggs, beaten

1/2tsp almond extract  
100g ground almonds  
9 figs, quartered  
1tbsp flaked almonds

To serve:

1tsp icing sugar  
6tbsp creme fraiche

## Method

**1.** For the pastry, put the flour, butter and salt in a food processor and pulse

until the mixture resembles breadcrumbs. Transfer to a bowl and add the egg yolk mixed with a tablespoon of cold water to make a smooth but not sticky dough. Add the extra water if required.

**2.** Put the dough on a floured work surface, roll it out and line six loose-bottomed 10-12cm tartlet tins. Chill for about 30 minutes.

**3.** Preheat the oven to 200°C/Fan 180°C.

**4.** Line each tin with a circle of baking parchment or foil, add baking beans and bake blind for 10 minutes. Remove the beans and paper, then put the tins back in the oven for a further five minutes. Turn the oven down to 190°C/



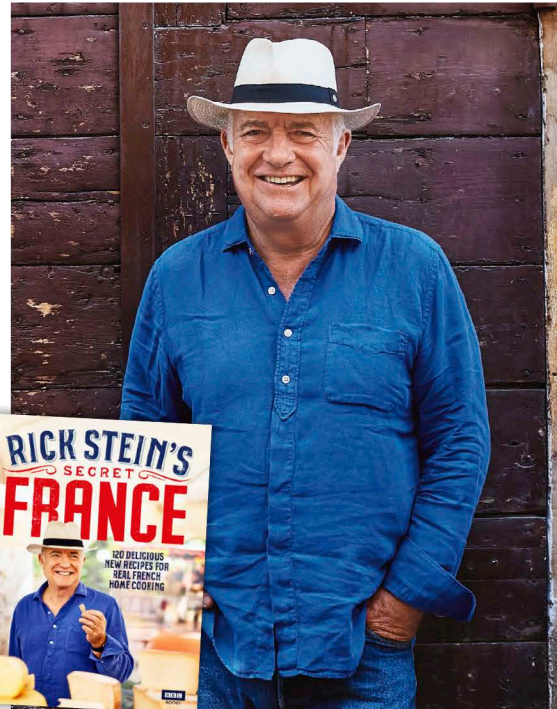
Fan 170°C.

**5.** While the pastry cases are cooking make the frangipane. Beat the butter and sugar together in a bowl until you have a smooth paste. Gradually whisk in the eggs and almond extract, then stir in

the ground almonds and mix well. Divide the mixture between the pastry cases and arrange six fig wedges on top of each tart. Scatter with some of the flaked almonds and bake for 20-25 minutes until golden.

**6.** Dust with a little icing sugar and serve warm or at room temperature with some creme fraiche.

● Rick Stein's Secret France by Rick Stein, photography by James Murphy, is published by BBC Books, priced £26



The idea for these little tarts comes from the delightful southern French town of Uzes, remembers TV chef Rick Stein.

"At dinner one night, I had a fig tart and was intrigued by the fact that it had this delicious moelleux texture in the centre. On leaving, I asked for the recipe and was told, sorry, they bought it in. Sadly, this happens so much in French restaurants - the cost of staff I'm afraid.

"What I took to be subtlety was probably simply that the tart had been cooked from frozen and was still slightly underdone in the centre.

"This is a proper version and quite delicious. I favour creme fraiche with these."