

Maple and dried cherry pecan tart

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Cherries have long been revered for their delicious taste and rich ruby hue. But these super-charged stone fruits are bursting with more than just luscious flavour. We love this cherry pecan tart.

The perfectly plump treats also pack a nutritional punch, containing fibre, vitamin C, carotenoids and anthocyanins, as well as high levels of the antioxidant melatonin, which helps to calm the nervous system, relieve muscle pain and neurosis, and combat insomnia.

Ingredients

- 2 large eggs, plus 1 large egg yolk
- 3 tbsp unsalted butter, melted
- 2 tbsp coconut oil
- 1 tbsp water
- 2 cups pecan halves, divided
- ½ cup plus 1 tbsp coconut sugar
- 1 cup plus 2 tbsp almond meal
- ½ tsp salt, divided
- ½ cup pure maple syrup
- 2 tsp dark rum (optional)
- ⅓ cup dried cherries, chopped

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Method

Preheat oven to 200°C. Grease a 9-inch tart pan with removable bottom.

Combine egg yolk, two tbsp melted butter, oil and water in a small bowl. Process half a cup of pecans and sugar in a food processor to the consistency of coarse meal. Add flour and 1/4 tsp salt and pulse until combined. Add yolk mixture and pulse until just combined.

Spread mixture evenly into the prepared pan, pressing it firmly into the bottom and sides to form a crust. Bake until dry and just beginning to brown on the edges, approx. 12 to 14 minutes.

Meanwhile, whisk eggs, maple syrup, half a cup of coconut sugar, rum (if using), the remaining butter and the remaining salt in a medium bowl. Transfer 1/4 cup of the mixture to a small bowl. Chop 1/2 cup pecans and add to the medium bowl. Stir in cherries. Mix the remaining 1 cup pecans with the reserved maple mixture.

Remove the tart crust from the oven. Reduce the oven temperature to 170°.

Evenly spread the filling in the crust. Arrange the maple syrup-coated pecans decoratively on top and drizzle with any remaining maple mixture.

Bake the tart until it no longer jiggles in the centre when gently shaken, approx. 25-30 minutes. Allow to cool on a wire rack for about 20 minutes. Remove the sides of the pan (use a butter knife to gently loosen the tart from the pan sides if it sticks in spots). Let cool completely, about 40 minutes more.

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