

Rustic Fruit Tart



I have been making this fruit tart for many years, slight tweaks, and variations over time, but the basic premise remains. Use whatever berries or stone fruits you have on hand. I use a stand mixer, but it is not necessary, the crust can also be made the traditional way with a pastry blender. If you eat dairy, use real butter and whole milk. Really delicious, easy to make, and looks beautiful.

Ingredients:

Crust:

- 1 ½ Cups flour (I use white whole wheat)
- 2 teaspoons sugar
- ½ teaspoon salt
- 11 Tablespoons of vegan butter cut into chunks, cold (I use Miyokos or Earth Balance)
- 1 Egg Yolk (or egg substitute, or leave out)
- 3 Tablespoons nondairy milk (I use Ripple)

Fruit Filling:

4 cups fresh berries or other fruits like peaches, apricots, sliced. Mix them up, each time you may end up with a different dessert.

- ¼ cup sugar (I use less but the ¼ cup is good for most)
- 2 teaspoons of orange or lemon zest
- 3 Tablespoons flour
- ½ teaspoon vanilla

Crust: In a stand mixer combine the dry crust ingredients. Turn the mixer on low and drop the butter in and mix on low until the flour is crumbly and the butter is the size of small peas.

Mix the milk and egg together and add to the flour mixture until just combined (10 seconds approximately).

Remove the mixture from the bowl onto a floured surface, knead till it just comes together. Form into a ball and place on plastic wrap with another piece over. Press down into a disk and wrap tightly, refrigerate for at least 15 minutes.

In the meantime, preheat the oven to 350 degrees. Place all of the filling ingredients into a large bowl and gently combine. Set aside.

Place the chilled pastry onto a floured surface to roll out (I prefer to place between two sheets of wax paper for this step). Roll out until approximately 12 inches across. Transfer crust to a flat baking sheet (easy if on wax paper, peel top layer off and place on sheet with wax paper on top, peel off).

Spoon the filling into the center, piling it up, leaving several inches border. Fold and pinch the edges up over the fruit, leaving the center exposed. You may brush the dough with egg wash and sprinkle with sugar if you like.

Bake for about 55 minutes or until the crust is brown and the fruit is bubbly.