

## Fresh fig tart

Fresh local figs can only be enjoyed in late summer and autumn as they need to ripen on the tree. Therefore, in our house we call this no-bake dessert Gratitude Pie, as fresh figs remind us to be grateful for the seasons and for locally grown food!

### BASE

2/3 cup soaked almonds  
1/2 cup dried figs, chopped  
1/2 cup desiccated coconut  
1/2 cup sesame seeds, ground fine in a spice grinder  
pinch of sea salt

### CASHEW CREAM

1 1/2 cups cashew pieces  
2 tablespoons maple syrup or honey  
1/2 cup water

### TOPPING

500g fresh figs  
1 tablespoon lavender petals (optional)  
2 tablespoons honey

☀ Soak cashew pieces overnight.

To make the base, put almonds and dried figs in a food processor and process until mixture is fine and crumbly.

Add coconut, ground sesame and salt. Process until well combined. (Mixture should stick together when squeezed in your fingers.)

Press into a 20cm flan dish with removable base. Refrigerate until required.

To make the *Cashew cream*, drain and rinse cashew nuts and put in a blender or food processor with maple syrup and water. Blend until fairly smooth.

To assemble tart, spread cashew cream evenly across the base. Trim stalks from figs then slice in half or in chunky wedges. Arrange figs on top of *Cashew cream*.

Mix lavender petals, if using, and honey together with just enough warm water to make a thick syrup. Drizzle lavender honey over figs. Serve at room temperature.

Leftover tart will keep for several days in the refrigerator. It can also be frozen.

**SERVES 12**

To make the colourful tart on page 2, use the *Fresh Fig Tart* recipe but replace the topping with rings of sliced stone fruit and cherries instead of fresh figs.

## Spiced tamarillo compote

Tamarillos, also known as tree tomatoes, are a wonderful blend of bitter, sweet and sour. Most people find they need some sweetening. This recipe requires no cooking. The dried fruit is softened with tamarillo juice, creating a sweet, smooth blend of flavours.

6–7 tamarillos (500g)  
1/3 cup pitted dates, diced  
1/3 cup sultanas  
1 teaspoon mixed spice  
1/4 teaspoon ginger powder  
small pinch of sea salt

Using a small sharp knife, cut a cross in the pointy end of each tamarillo. Place in a large bowl and pour on enough boiling water to cover. Leave for 1 minute, then drain and cool. When cool enough to handle, use the small knife again to peel off the skins, which should come away easily.

Cut each tamarillo in half lengthwise, then into 3 or 4 thick slices. Place in a bowl and add remaining ingredients. Mix gently together. Cover bowl and place in the refrigerator. Leave for at least 24 hours before serving.

**SERVES 4**



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