

CHAI SOAKED FRUIT WITH MASCARPONE OAT TART



RSF



1 hr (plus soaking time)



8-10



Ingredients

Chai Soaked Fruit

- $\frac{1}{2}$ cup dried wild figs
- 1 cup prunes
- $\frac{3}{4}$ cup dried turkish apricots
- $\frac{1}{4}$ cup raisins
- $\frac{1}{4}$ cup currants
- 1 tsp vanilla powder or extract
- 4 cups very strong chai tea
- $\frac{1}{4}$ cup cointreau (optional)
- $\frac{1}{4}$ cup coconut sugar

Oat Crust Tart

- $1\frac{1}{4}$ cups rolled oats
- $1\frac{1}{2}$ cup spelt flour
- $\frac{1}{2}$ cup coconut sugar
- 1 tsp vanilla powder or extract
- $\frac{1}{2}$ tsp flaked sea salt
- 130g cold butter, chopped
- 1 egg

Vanilla & Orange Mascarpone

- 750g mascarpone
- 1 tsp vanilla powder or extract
- $\frac{1}{3}$ cup coconut sugar
- Zest of 2 oranges



Method

Chai Soaked Fruit

1. Place the fruit and vanilla in a medium sized mixing bowl and pour in the strong chai tea. I like to soak mine for a good few hours. If you are strapped for time, I would recommend at least an hour of soaking to allow the flavour to work into the fruit. You could even soak them overnight for maximum flavour.
2. Now drain most of the tea, keeping about $\frac{1}{2}$ cup of tea liquid in with the fruit.
3. Add the $\frac{1}{4}$ cup coconut sugar and mix well.
4. Add the cointreau (if you are using it), mix well then set aside.

Oat Crust Tart

- Pre-heat your oven to 180 degrees celcius.
- Place the rolled oats, spelt flour, coconut sugar, vanilla and sea salt into a large mixing bowl.
- Add the chopped butter and blend in with your fingertips.
- Mix in the egg and mix well until a sticky dough forms.
- Next press the dough into a lightly greased tart tin.
- Place the tin into the oven and bake for about 30 minutes until golden brown.
- Set aside to cool.

Vanilla & Orange Mascarpone

- Mix the mascarpone, vanilla, coconut sugar and orange zest together and set aside.

To Assemble

- Spoon the mascarpone into the cooled tart case and then place the soaked fruit over the mascarpone. Serve and enjoy!

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