

SAMPLE



SUMMER FRUIT FLAN

A celebration of summer, this mouthwatering display of fruits conceals a light sponge moistened with almond liqueur. For a non-alcoholic version, use some of the juice from the oranges.

COLD DESSERTS

SUMMER FRUIT FLAN



2



Preparation:

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Cost:

££



Timing:

Preparation 45 mins
Cooking 40 mins



Cooking temperature:

180C/350F/gas 4

For 8 servings:

- 3 eggs
- 75g (3oz) caster sugar
- 50g (2oz) plain flour
- 40g (1½oz) butter, melted
- 25g (1oz) ground almonds
- 3 tbsp almond liqueur, optional
- 12 strawberries, halved
- 75g (3oz) blueberries
- 100g (4oz) seedless green grapes, halved
- 200g (7oz) can mandarin oranges
- 3 tbsp apricot jam



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Preparation

1. Preheat oven. Grease a 23cm (9in) round cake tin and line the base.

2. Put eggs and sugar in a bowl over a pan of hot water and whisk until creamy. Remove from heat and beat until cool.

3. Using a metal spoon, gently fold the flour into the egg mixture. Fold in the melted butter and ground almonds. Pour into the prepared tin and bake for 30–35 mins until risen and beginning to shrink from the sides of the tin.

4. Turn out and leave to cool. Sprinkle with almond liqueur, if using.

5. Arrange fruit on top of the sponge, placing the strawberries and the blueberries in the centre and the grapes and mandarins around the edge.



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6. Put the jam and 2 tbsp cold water in a saucepan. Heat gently, stirring, until it boils. Simmer for 1 min. Sieve and brush over fruit. Allow jam to cool and set before serving.

Nutritional information

Calories	Fat	Fibre
1700 total (serves 8) 213 per serving	Low	Low

TIPS

If you use an electric mixer in Step 2 there is no need to heat the mixture.