

Chocolate & Cardamom Tart

recipe by Rose Langbein

vegan

gluten
FRIENDLY

refined sugar
FREE

Serves 12

Ingredients:

Cashew-Cardamom Base:

1 C pitted dates, chopped
2 C roasted salted cashews
1/2 C desiccated coconut
2 Tbsp coconut oil, melted
1/2 tsp ground cardamom

Chocolate Ganache Topping:

250g dark chocolate buttons
3/4 C coconut oil
1x 400g can coconut cream
2 Tbsp maple syrup
1 tsp vanilla extract
Flaky sea salt, to sprinkle

Method:

Place the dates in a bowl, cover with boiling water and leave to stand for 5 minutes to soften. Drain well. While dates soak, place the cashews in a food processor and pulse to a fine crumb. Make sure you don't over-blitz otherwise you will end up with cashew butter.

Add the drained dates, coconut oil, and cardamom to the food processor and blitz to a fine paste; the mixture should stick together when pressed between your fingers.

Line the base of a 26cm/10in springform cake tin with baking paper. Press the cashew mixture into the tin evenly, using the base of a measuring cup to flatten firmly. Allow to chill in the fridge while you make the ganache topping.

For the ganache topping, break up the chocolate and place in a pot with the coconut oil, coconut cream, maple syrup, and vanilla extract, over a medium heat, stirring until melted. Remove from the heat and pour over the chilled base. Return to fridge and leave to set for at least 2 hours.

The tart will keep in the fridge for 5 days. Once set, sprinkle with sea salt to finish.

