

Deconstructed Fruit Tart by Janette Mitchell

Prep time 1 hour - Serves 8

For this recipe you will need a 10" cast iron skillet

Ingredients:

1 bag of mixed frozen fruit 600g
(I used the mango, strawberry, peach)
Butter puff pastry (1 sheet) from a 450g package
1 tbsp fresh lemon juice
2/3 cup brown sugar
1 tsp cinnamon

2 tbsp milk
1 tbsp demerara sugar

Method:

Preheat oven to 425' take one roll of pastry from the package. Let it rest at room temperature for about 20 minutes.

Meanwhile, combine the frozen fruit in a bowl with the lemon juice, flour, brown sugar and cinnamon. Stir to combine and then pour into a 10" cast iron skillet.

The puff pastry can now be taken out of the package and carefully unrolled. It should still be somewhat frozen and not completely thawed. Once it is unrolled, cut it in half. Place the two halves on top of one another, then cut in half again.

Repeat this step two more times.

You will need to separate the pastry stacks for easier cutting, but eventually you want to end up with 16 little stacks about 1 ½" square. Place them on top of the fruit in the skillet, randomly in the pan, and careful not to push them too deep into the fruit.

Brush a bit of milk on the tops of the pastry and sprinkle with the demerara sugar.

Bake on middle rack in preheated 425' oven for 25 mins, and then reduce heat to 375' and continue baking for another 20-25 mins, or until pastry has puffed and the edges are looking crisp, and fruit is bubbling. Let cool on a rack for about 10 mins before serving. Option to add a dollop of ice cream! 😊