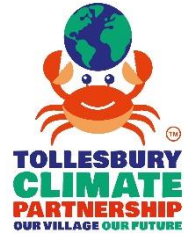


Strawberry Tart with Balsamic and Honey – serves 8 (or 6 if hungry and you can't stop helping yourself!)



This may sound slightly bizarre as a mix of flavours, but the vinegar stops it being over-sweet and the vinegar/honey mixture becomes jam-like on cooking. The recipe is super-simple and delicious for summer. It doesn't store well, so you need to eat it once it is made!

Ingredients - all ingredients are available from the Fred's stores and the Veg Van

- 1 sheet of puff pastry, approximately 350 x 230 mm or 300 x 300 mm (you can buy this frozen and just use what you need for the recipe, keeping the remainder in the freezer for another time)
- 400 g punnet of strawberries, hulled, washed and sliced top to bottom
- 2 tbsp balsamic vinegar
- 3 tbsp honey



Instructions

1. Preheat oven to 190 C, 170 fan, gas mark 5.
2. Lay puff pastry on a baking sheet lined with baking parchment. Turn up edges all the way around - this prevents the filling from spilling out as it cooks.
3. Spread the sliced strawberries evenly across the pastry.
4. Stir together the balsamic vinegar and honey. Brush over the tops of the strawberries with the mixture, covering them all well.
5. Bake in the oven for about 25 minutes or until pastry is lightly browned.
6. Cut into 6 – 8 portions.
7. Serve while still warm, with cream or ice cream if you wish.

Depending on your oven, the puff pastry used, and the juiciness of berries, you may need to slightly increase oven temperature and/or cook times to allow puff pastry to cook thoroughly. Watch carefully to avoid burning the pastry edges. You may need to cover the pastry edge with foil to prevent burning.