

AIP Lemon Tart

Prep time: 20 mins

Cook time: 15 mins plus 4 hrs chilling

Serves 8

2 cups finely shredded coconut
1+1/2 cups (230g or 11-12) large medjool dates, pitted and roughly chopped
2 tbsp + 2 tsp gelatin
zest and juice 4 large lemons (yields 155ml juice)
2+1/4 cups (530ml) coconut milk
1/4 cup honey

Preheat the oven to 350° F/180° C and line the base of a 7 x 2+1/2 inch springform tin with parchment paper.

Make the crust:

Put the shredded coconut and dates into a food processor and process for 2+1/2-3 minutes until the mixture is beginning to come together and resembles brown sugar. Take care not to over process, or the crust will be too oily. Put the mixture into the springform tin, gently press into the base and all the way up the sides, using your knuckles or fingertips. Make sure there are no gaps in the crust. Put into the fridge for 15 minutes to firm up.

Next, place the tin into the preheated oven for 15 minutes or so until browned. It will firm up on cooling. When ready, place the tin on a wire rack to cool down, about 20 minutes.

Make the filling:

While the crust is cooling down, prepare the filling. Put 1/2 cup of filtered water into a pan and sprinkle over the gelatin. Leave for 5 minutes or so until it becomes spongy in appearance and has absorbed the water. Next, gently warm on the lowest heat to melt the gelatin, while stirring. Remove from the heat, add the honey and keep stirring until melted. Put the lemon juice, zest and the coconut milk into a large jug or bowl and whisk in the gelatin mixture. Yields 1+1/2pt liquid. Set aside until the crust has cooled down.



Assembly:

Once the crust has completely cooled, gently pour in 3/4 of the filling. Place in the refrigerator and top up with the remaining liquid. Be mindful about slamming the fridge door, in case it jogs the filling. Chill until set, a minimum of 4 hours.

To serve:

Carefully release the springform, easing away any of the crust that stick to the sides. Use a thin palate knife to tease the crust away if necessary. This is best eaten the day it is made.

A few notes to think about:

You can leave the crust raw if you prefer, in which case line the sides of the tin as well as the base or the 'pastry' will be difficult to remove. After putting the crust into the mould, don't refrigerate before adding the filling or the filling will likely separate from the base when it is cut. Do not use a fluted tin to make this, the crust will stick to the sides.