

# ZAYTOUN RECIPES

## Chocolate and passion fruit tart with an almond base, with za'tar and manuka honey ice cream

Recipe created by Paul Winch, chef at the Royal Oak, for **Zaytoun's 10th anniversary**

Paul Winch is chef at Helen Browning's award-winning pub The Royal Oak. The Helen Browning brand has a deserved reputation for tasty, organic food – and this sumptuous dessert is no exception. This tart is wonderfully rich, using olive oil as the stabiliser in the same way as it would be in an aioli or mayonnaise. The za'atar in the ice cream will give it a subtle spiciness and the Manuka honey has great health benefits.



## PREPARATION METHOD

### Ice Cream

1. Hopefully you can get your hands on an ice cream maker for this easy recipe, if not you can make mix as per recipe, then freeze, for an hour or so, then keep churning intermittently, putting back in freezer each time, alternatively, add za'atar and honey to a basic vanilla ice cream and refreeze.
2. Bring the milk and double cream to the boil in a thick bottom pan
3. Remove from heat and pour over the mixed egg yolks and caster sugar (these should be whisked in a bowl until pale)
4. Whisk together and add a pinch or two of za'atar depending on your required tastes
5. Place mixture back into the cleaned pan and return to a low heat
6. Stir with a wooden spoon until mixture coats the back of the spoon (you should be able to run your finger through mix and the mix will be thick enough to keep its shape)
7. Strain mix into a bowl and place over another bowl containing ice water to cool
8. Once mixture is cold add honey and stir in carefully
9. Now pour into ice cream maker and churn until frozen.

### Chocolate and Passion Fruit Tart

You will need a 10" non stick form tin to make the tart as it will have a deeper yield, though a normal tart flan ring will suffice.

Continued on reverse...

To order za'atar, Om al-Fahem almonds and olive oil from Zaytoun, please go to [www.zaytoun.org](http://www.zaytoun.org)

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## INGREDIENTS

Serves 6

### Ice Cream

- 300ml milk
- 300ml double cream
- 6 egg yolks
- 125g caster sugar
- za'atar to flavour, a good pinch
- 2 tablespoons manuka honey

### Tart

- Almond paste
- 200g Plain flour
- 175g ground almonds
- 175g caster sugar
- 200g cold butter
- 1 egg yolk

### Chocolate filling

- 300g dark 70% bitter chocolate
- 25g butter unsalted
- ½ gelatine leaf
- 25ml hot water
- 2 egg yolks
- 5g bitter cocoa powder
- 200ml Palestinian olive oil
- 5 egg yolks



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### Almond Paste

1. In a bowl mix the almonds, sieved flour and caster sugar
2. Add the butter with your fingers using a creaming method until you get a crumble-like consistency
3. Finally add the yolk to bind
4. Let rest for an hour before using (wrapping in cling film)
5. Next, roll paste out on a floured surface until 3mm thick.
6. Carefully roll this over the rolling pin and then line the spring tin with the paste.
7. Let rest in a refrigerator for two hours then bake in a moderate oven until golden. Leave to cool.

### Chocolate Filling

1. Place chocolate in a heatproof bowl; gently melt over simmering pan of water (taking care not to let any water enter the chocolate)
2. Stir until melted completely, add butter
3. Soak the gelatine in cold water for approx. 5 mins until soft and pliable
4. Squeeze excess water from now softened gelatine and dissolve in the 25ml of hot water
5. Whisk the egg yolks and bitter cocoa powder and like when making a mayonnaise, slowly drizzle the Palestinian olive oil in to yolk mixture
6. Strain the dissolved gelatine into the mayonnaise
7. Carefully add mayonnaise to the melted chocolate mix
8. In a bowl mix very quickly the egg whites just to break them up, not until they get white and frothy.
9. Carefully fold the whites into the mixture
10. Next scoop out the seeds and other goodies from the six passion fruits, carefully mix into the chocolate tart filling
11. Now pour this filling into the now cool spring tin and refrigerate until set
12. Using a hot knife (try dipping in hot water) slice the desired tart slice and serve on a plate with a ball of the fantastic ice cream
13. I have in the past added a rather generous amount of popping candy to the chocolate mix so the flavours explode in your mouth on eating, but have been informed that popping candy is 'so last year'!!

## ZAYTOUN RECIPES

### Zaytoun's za'atar, olive oil and almonds

**Zaytoun's Fairtrade organic olive oil** is our flagship product. The olive tree characterises the Palestinian landscape, providing an income to over 100,000 farmer families across the West Bank. It also symbolises the long and deep connection families have with their land, nurtured through traditional organic farming practices that preserve precious land and water for future generations. *"Olive farming is about heritage, it's not just about money. We inherit this land from our fathers and we give it to our sons"* - **Belal Eid, Jorat Amra Cooperative**



From the delicate pink blossoms in the spring to the ripe golden harvest in July – Palestine's almond trees lend colour and beauty to the terraced hillsides. Zaytoun's **Fairtrade Om al-Fahem almonds** are named after the town where farmer Hassan Asa'ad first planted this particular type of almond tree with its sweet flavoursome nut. We celebrate the sun-drenched beauty and taste of Palestine captured in our Fairtrade almonds.



**Zaytoun's za'atar** is a traditional Palestinian herb mix – a handcrafted zesty blend of wild thyme, toasted sesame seeds, lemony sumac and sea salt. It's a delicious seasoning, and a luscious snack served with a dip of peppery olive oil and crusty fresh bread.

To find out more about our great range of Palestinian artisan food visit [www.zaytoun.org](http://www.zaytoun.org) or call **0207 832 1351**

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