



## Spungata (Ligurian Apricot Tart)

This delicious fruit tart, known as spungata in Liguria and spongata in neighbouring Emilia-Romagna, is similar to what other Italian regions call crostata.

**Serves 6-8**

### METHOD

1. Place apricots in a saucepan and cover generously with water. Bring to the boil, reduce heat to medium and boil gently for about 20 minutes, until tender.
2. Place sultanas in a small bowl, cover with warm water and set aside.
3. Drain cooked apricots (reserve the cooking liquid as it makes a good drink).
4. Place apricots in a mixing bowl and set aside to cool a little.
5. Preheat oven to 180°C.
6. Mash apricots into a jam-like consistency.
7. Add honey, candied orange, almonds, pine nuts, walnuts, cinnamon and nutmeg.
8. Drain sultanas, squeeze gently to remove excess liquid and add them too.
9. Stir to combine everything well. Set aside.
10. Remove dough from the fridge and, between 2 sheets of baking paper, roll the larger ball into a disc about 30cm-wide.
11. Remove the top sheet of paper and turn the pastry into a 25cm loose-base fluted tart tin.
12. Gently press it into the tin to line the sides and base, using any overhanging pieces to fill any gaps. Run a sharp knife along the rim to cut off any excess pastry (use any of this if needed to fill any holes or gaps).
13. Between 2 sheets of baking paper, roll the smaller ball into a 25cm-wide disc.
14. Remove the top sheet of paper, gently place the tart tin on the pastry and cut around it leaving a 5mm margin. Remove tart tin and set pastry disc aside.
15. Spread the apricot mixture evenly over the pastry base.
16. Top with the smaller disc and press it gently around the edges to seal the tart.
17. Run a sharp knife along the rim to cut off any excess pastry.
18. Bake for 20-30 minutes, until golden and crisp.
19. Set aside for 15 minutes or so, then dust with icing sugar and serve warm.

### INGREDIENTS

- 120g sun-dried apricots
- 1 tablespoon sultanas
- 2 teaspoons honey
- 30g candied orange, finely chopped
- 1 tablespoon slivered almonds, finely chopped
- 1 tablespoon pine nuts, finely chopped
- 1 tablespoon chopped shelled walnuts
- Pinch ground cinnamon
- Freshly grated nutmeg, to taste
- Icing sugar, for dusting

### Pastry

- 250g plain flour, plus extra for dusting
- 100g castor sugar
- Salt flakes, to taste
- 150g butter, at room temperature
- 1 egg, lightly beaten

**Make Pastry:** place all ingredients into a mixing bowl. Using a rubber spatula, rub everything together, then mix with your hands to form a smooth, soft dough. Roll into 2 balls, 1 slightly larger than the other (about 300g and 250g). Press both of them into thick discs, wrap in plastic and refrigerate for 30-60 minutes.