



Forum: Scottish Dishes

Topic: recipes to share

Subject: Re: recipes to share

Posted by: Annie

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Most of us like apple tarts so here is a nice recipe.

Apple Frushie

For the Pastry:

200g plain flour
50g butter or marg.
50g lard
salt
water to mix

Apple filling

250g apples
50g clear honey
3tsp rose water

Preheat oven to 200deg.C

To make the pastry. Sift the flour into a bowl and add the salt. Rub in the butter and lard till the mixture is like fine breadcrumbs. Sprinkle in a little water and mix to a stiff dough with a round blade knife. Place in a cool place to rest. Roll out the pastry and line greased 9 1/2 inch dish, cut off excess pastry and roll into strips for the top of the tart. Peel and slice the apples very thinly. Lay them on the base of the tart. Now sprinkle with rose water and pour the honey evenly over the apples. Lay the strips of pastry in a lattice pattern on top of the apples. Seal the edges with a little water.

Bake in a hot oven for 25-30 minutes. Sprinkle with caster sugar and serve with cream or ice cream. Enjoy.