

Blueberry Japanese Knotweed Vegan Bakewell Tart

Ingredients

For the Pastry:

- 1 2/3 cups all-purpose flour, divided
- 1 tbsp. granulated sugar
- Pinch of salt
- 2/3 cup vegan butter

For the Jam

- 1 cup Japanese knotweed stalks, leaves removed, chopped (plus a little more for decorating)
- ½ cup blueberries (plus a little more for decorating)
- ¼ cup granulated sugar

For the Frangipane

- 1 ½ cups almonds (200 grams)
- ½ cup granulated sugar
- ¼ cup cornstarch
- ¼ cup all-purpose flour
- ½ tsp. baking powder
- 6 tbsp. vegan butter, melted
- ½ cup plant-based milk
- ¼ cup applesauce
- 1 tsp. vanilla extract

Steps

1. Start by making the pastry. Combine 1 cup of flour with the sugar and salt in a food processor and pulse to combine. Add the vegan butter and process into a paste. Add the remaining flour and pulse a few times. Add water, 1 tablespoon at a time, pulsing in between, until you pinch some and it holds together. Form the dough into a ball, wrap in plastic wrap, and place in the fridge to cool.

2. While the pastry cools, start on the jelly. Add the knotweed, blueberries, and sugar into a saucepan. Heat the fruit, on a low heat at first, until it starts to lose liquid and the fruit breaks down. Cook, mashing the berries a little, until it looks thick and jammy. Remove from the heat and allow to cool.



3. Take the pastry from the fridge and place on a lightly floured surface. Roll out into a large circle, about 11 inches in diameter. Place into a 9- or 10-inch tart tin, pressing the edges into the sides of the tin. Remove excess dough from the top to form a neat edge. Once the jam is not too hot, add it to the bottom of the tart shell and spread into an even layer. Place in the freezer and freeze until solid.

4. Once the tart is frozen, preheat the oven to 350°F (175°C) and start on the frangipane. Place the almonds in the food processor, and process until finely ground. Next add the sugar, cornstarch, flour, and baking powder and pulse to combine. Add the remaining ingredients for the frangipane, and process again to combine.

5. Pour the frangipane over the jam in the tart shell, and smooth if needed. Decorate the top with chopped pieces of Japanese knotweed and blueberries. Place in the oven and bake for 45-60 minutes, until the top is nicely browned. Remove from the oven and allow to cool before enjoying.