

Yes. It really is Purple!



Purple and full of goodness

We buy our Purple Wheat grain from The Grain Family in Tasmania - Tonia, Gareth and Ida. It has a slightly sweet and nutty flavour with a fine texture. We've tried adding it to bread - delicious! So good it pastry.

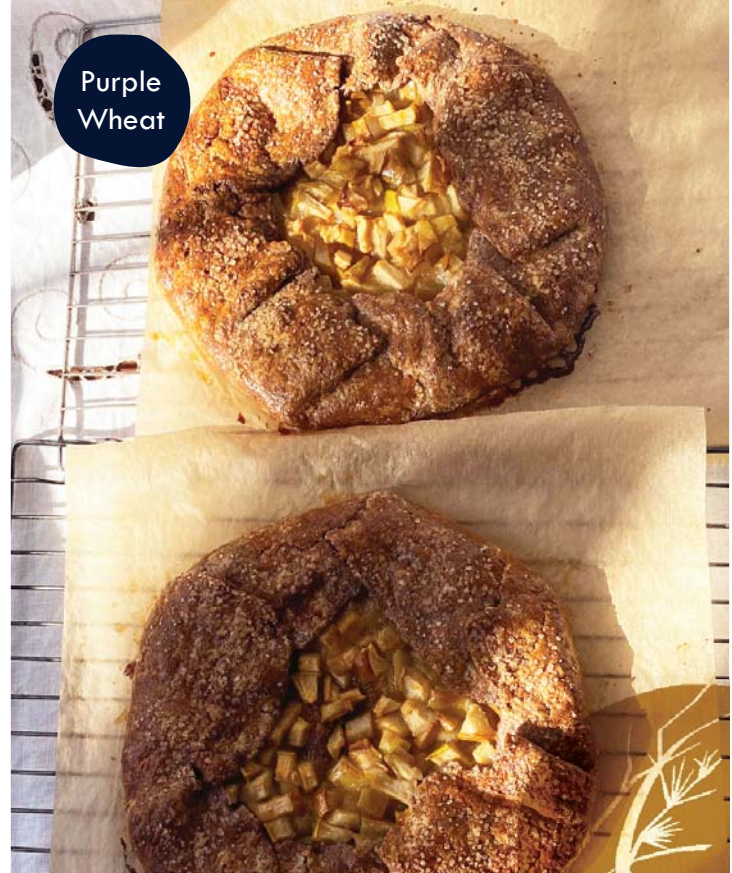
The beautiful purple tones are due to anthocyanin, an antioxidant of the flavonoid family which may help in reducing inflammation. A beautiful grain to mill, producing a soft fine flour.... ready for baking adventures. We'd love to hear what you bake with it.

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GOODNESS FLOUR

Pear Tart with Purple Wheat Pastry

An easy pastry to make. Gorgeous sweetness from the Purple Wheat.



Pear Tart with Purple Wheat Pastry

Pastry (makes 2 free form tarts)

- 200g Purple Wheat Flour (plus a little extra for rolling out)
- 50g Buckwheat Flour
- ½ teaspoon Salt
- Pinch of Pure Vanilla Powder or Vanilla Essence
- 20g Brown Sugar
- 130g Butter (cold), diced
- 85g Creme fraiche
- 2 Eggs
- 4 - 6 tbs of ice cold water

Filling

- 4 - 5 Fresh Pears (about 800g)
- 2 Fresh Lemons - zest and juice
- 30g Brown Sugar

Topping

- 10g Raw Sugar

1. Cut and core the pears. Cut into a small dice. (No need to peel.) Put half in a heavy bottom saucepan, add half the lemon juice, half the zest and half the brown sugar.
2. Put the remaining pear, lemon juice zest and brown sugar in a small bowl and mix together.
3. Cook the pear in the saucepan gently, stirring every now and then, until the pear is translucent (about 10 - 15 minutes). Mash or blitz to make a puree. Set aside to cool.
4. Sift the flours and salt together into a large bowl if you're mixing by hand, or into the bowl of a food processor if you have one. Add the bran back in.
5. Add the brown sugar and stir / pulse to blend.
6. Add the cubed butter to the flour blend and rub together / pulse in the food processor until the mixture looks like coarse breadcrumbs. Don't overdo it. There should still be some fairly large pieces of butter.
7. Crack the eggs into a small bowl and beat well with a fork.

8. Add about one third of the beaten egg to the flour and butter blend. Keep the rest for later.
9. Add creme fraiche and 4 tablespoons of chilled water. Bring everything together by hand / pulse a few times until the dough forms a ball. Add a little more water if it seems too dry - you want a fairly wet, and slightly sticky, dough as the bran will absorb moisture.
10. Shape it into a disc. Wrap in baking paper and leave in the fridge for at least 15 minutes.
11. When you're ready to bake, preheat the oven to 180°C and line two baking trays with baking paper.
12. Dust your work surface with flour. Dust your rolling pin lightly. Divide the dough in half and roll to your preferred thickness. (I like to leave the middle a little thicker than the edges.) Lift the dough, turn it over and lightly flour the work surface as you go.
13. Wrap the dough loosely over your rolling pin and transfer to a baking tray lined with baking paper. It will probably hang over the edges, that's ok.
14. Repeat with the other half of the dough.
15. Brush some of the remaining egg on the pastry base.
16. Spread half of the pear puree on each dough base, leaving about 60mm clear around the edges.
17. Divide the diced pear over the puree, again leaving the edges clear.
18. Fold the pastry edges up, working around the circle in sections.
19. Brush the edges with remaining egg. Sprinkle over raw sugar.
20. Bake for around 45 minutes. Lovely served warm, with cream.