



PANFORTE

Serves 12  

Takes 55 mins plus cooling

Cost per serve 59p

GET AHEAD Store wrapped tightly in baking paper, foil and clingfilm at room temperature. It will keep for up to 3 weeks.

100g whole almonds (blanched or skin-on)
50g blanched whole hazelnuts

75g walnut pieces
50g Italian mixed peel
50g each soft dried apricots, soft dried figs and soft pitted dates, chopped
100g plain flour
2 tbsp cocoa powder
2 tsp mixed spice
150g granulated sugar
150g clear honey
25ml sherry (use a vegetarian one if required)
1 tsp icing sugar, for dusting

- 1 Preheat the oven to gas 3, 170°C, fan 150°C. Line the base and sides of a 20cm round springform cake tin with baking paper.
- 2 Heat a frying pan over a medium heat and toast the nuts in a single layer for 1-2 mins until fragrant and golden, stirring frequently to avoid charring. Set aside to cool completely.
- 3 Put the nuts in a heatproof mixing bowl with the mixed peel, dried fruit, flour, cocoa powder, mixed spice and a pinch each of salt and pepper. Stir to coat everything evenly and set aside.
- 4 Put the sugar, honey and sherry in a saucepan over a low-medium heat. Shake the pan so the sugar levels out in the pan, stirring occasionally once the sugar starts to dissolve (pic A). Once dissolved, increase the heat slightly and simmer, without stirring, for 1-2 mins until it reaches 120-125°C (if you don't have a sugar thermometer, add a drop of the syrup to a bowl of cold water; it should form a soft ball, pic B).
- 5 Working quickly, pour the hot syrup over the dry ingredients. Stir well to coat everything - it will be very thick and sticky (pic C). Scrape the mixture into the prepared tin and press it down firmly and evenly with the back of a damp metal spoon (pic D). Clean the spoon and dampen again, if needed.
- 6 Bake for 30-35 mins until just set; it shouldn't bubble or brown too much but if it does, cover with foil. Cool completely in the tin. To serve, remove from the tin, peel off the baking paper and dust with icing sugar, then cut into thin slices.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1244kJ 297kcal	12g	1g	32g	0.1g
15%	17%	6%	35%	2%

of the reference intake. See page 9.
Carbohydrate 39g Protein 5g Fibre 4g



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