

PEAR, RASPBERRY & CARDAMOM GALETTE

SERVES 8

PREP TIME:

40 MINUTES, PLUS

CHILLING TIME

COOK TIME:

40 MINUTES

PASTRY

1 cup (153 g) cassava flour

$\frac{3}{4}$ cup (85 g) tigernut flour

1 tablespoon (8.25 g)

arrowroot

Pinch sea salt

4 oz (110 g) cold lard, cut

into small cubes

1 tablespoon (9 g) coconut

sugar

$\frac{1}{4}$ cup (61.3 g) pumpkin

purée

$\frac{3}{4}$ cup (60 ml) plus 3

tablespoons (45 ml)

ice-cold water

FILLING

1 $\frac{1}{2}$ teaspoons coconut

sugar

$\frac{1}{2}$ teaspoon ground

cardamom

4 ripe pears, peeled,

quartered, and thinly sliced

$\frac{1}{2}$ cup (65 g) fresh

raspberries

2 teaspoons (10 ml)

melted coconut oil

I like to use my food processor to bring this pastry together. It's quite forgiving, so if you have any cracks or gaps, take a bit of pastry from an outer edge and patch it up where necessary. It's meant to look rustic, after all. Pear, raspberry, and cardamom make a delightful combination, or you can fill the pastry with anything you like: Apple and cinnamon, peach and vanilla, or banana and cardamom all spring to mind.

To make the pastry, put the flours, arrowroot, and salt in the bowl of your food processor and pulse a couple of times to combine. Add the lard and pulse again until the mixture resembles coarse breadcrumbs. Next, add the coconut sugar and pulse once or twice more.

Mix the pumpkin purée with $\frac{1}{4}$ cup (60 ml) cold water and, with the motor running, slowly add to the flour mixture. Trickle in extra cold water until the mixture just begins to hold together; stop pulsing. You may not need all the water, or you may need more. Sprinkle a little cassava flour on your work top and tip out the pastry mix. Bring the mixture to form a dough and flatten into a thick disc. Cover with plastic wrap and chill in the refrigerator for at least 30 minutes.

Cut two pieces of parchment paper a little larger than the size of your baking sheet and place the pastry dough between the two. Flatten with your hands and then roll out the dough with a rolling pin, until it's roughly $\frac{1}{8}$ inch (3 mm) thick and 12 $\frac{1}{2}$ (31 cm) inches in diameter.

Put the baking sheet in the oven and preheat to 400°F (200°C, or gas mark 6). To make the filling, mix the coconut sugar and cardamom in a small bowl.

Leaving a 2-inch (5 cm) border from the edge of the pastry, sprinkle over half the cardamom sugar over the dough. Arrange the pear slices so they are overlapping one another and scatter the raspberries over the top. Pull up the parchment on all sides to guide the edges of the pastry back onto the fruit, overlapping and pressing down lightly as you go around the galette, leaving the fruits exposed.

Lightly brush the pastry and fruits with the melted coconut oil and sprinkle over the remaining cardamom sugar.

Bake for 40 minutes, or until the pastry is just firm. This is best eaten warm on the day of making.

Cardamom

AIP COMPLIANT Omit cardamom,
or sub with cinnamon.

FREEZER-FRIENDLY Yes

LOW FODMAP No

COCONUT-FREE Omit coconut sugar.
Mix cardamom with 1 tablespoon
honey and drizzle over the fruits
before baking.

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