



## Rooibos Chai Panna Cotta Tart with Honeyed Strawberry Rhubarb Compote

{ gluten-free, dairy-free, refined sugar free }

Makes one 9" tart.

### MAKE IN ADVANCE:

- Almond-Pistachio Tart Crust can be made and pressed into the tart pan ahead of time. Keep it wrapped up stored in the fridge a day or overnight. Bake as directed.

*Special equipment: 9" fluted tart pan, ideally with removable bottom*

### INGREDIENTS

*For the Almond-Pistachio Tart Crust (makes a 9" crust):*

1/2 C (65g) pistachio meal (from ~1.5C / 180g of in-shell pistachios)

1 3/4C (175g) almond flour (I use Bob's Red Mill)

1/2 C (55g) coconut flour (I use Bob's Red Mill)

1/2 tsp kosher salt

2 tbsp (26g) organic coconut oil, at room temp

2 tbsp (42g) honey (can sub pure maple syrup)

1 large egg

A tiny bit of water only if dough is not wet enough to stick when pressed



*For the Rooibos Chai Panna Cotta Filling (makes ~2.5C):*

2 1/2 C (625ml) full fat coconut milk

2 tbsp [PC Black Label Rooibos Tea with Chai Spices](#)

3 to 6 tbsp honey (can sub pure maple syrup), depending on taste

1 tbsp + 1 tsp powdered gelatin (I used organic GoBio! brand)

1 vanilla bean (or 2 tsp pure vanilla extract)

*For Honey Strawberry Rhubarb Compote:*

1/2 lb (227g) rhubarbs, chopped into 1/2" pieces (~2C)

1/2 lb (227g) strawberries, hulled and halved or quartered into 1/2" pices (~2C)

3 tbsp honey (can sub pure maple syrup)

1/4 C (60ml) water

1 thin slice of ginger root (peel on is fine), optional

*To serve:*

2 tbsp chopped pistachios

Drizzle of honey, optional



## METHOD

### *For the Almond-Pistachio Tart Crust:*

Preheat oven to 350f.

In a food processor (or high speed blender works too), pulse the pistachios, coconut flour and salt until you achieve a fine meal. Add the remaining tart crust ingredients (almond flour, coconut oil, honey and egg) and pulse until combined and you have consistency of very wet sand (see image in the blog post for reference). To test if the dough is ready, grab a clump of dough and press it between your fingers. If the dough sticks and holds together, it is ready. If you find that it is too dry you can add just a teeny bit of water (maybe 1 tsp) and pulse a few times to incorporate. Dump the dough onto your 9" tart pan and press with your fingers evenly on the bottom and up the sides. Spend a bit of time on this step to ensure dough is evenly spread, making sure to press into the sides to get it into the fluted grooves and also there is a good amount on the "walls" so that it is sturdy later when removing the crust from the tart pan after baking. Bake for 16-18 minutes, or until the crust looks golden brown and the sides have just pulled away from the pan. Cool fully on a wire rack before filling.

### *For the Rooibos Chai Panna Cotta Filling:*

Place coconut milk, [PC Black Label Rooibos Tea with Chai Spices](#) and the whole vanilla pod (uncut) into a small pot and bring to a simmer (but not boil) and keep it on a gentle simmer for 5 minutes. Remove from heat and let it infuse for 15 minutes. Strain out the tea leaves and pod. Put the pod aside and discard the leaves. Wash the pot and place the strained coconut milk back into it. Add the honey (I used 3 tbsp for a mild sweet taste but have a taste and feel free to add more to your taste).



Sprinkle the gelatin powder all over. Allow to sit 5 minutes. Meanwhile cut the vanilla pod along the entire length to open it up and scrape the vanilla seeds into the coconut milk mixture. Bring the pot back to a gentle simmer (again do not boil) and stir until the gelatin powder is fully dissolved. Remove from heat and allow the mixture to cool. I put the pot in an ice water bath to cool it quickly i.e. place it in a larger vessel filled with water and ice cubes. Once the filling has cooled to luke warm, pour it into the fully cooled tart crust and place the tart in the fridge to set, approximately 1.5-2 hours. You can leave it to set overnight if that's more convenient (the tart crust begins to soften over time but still excellent).

*For the Honeyed Strawberry Rhubarb Compote:*

Put the chopped rhubarb, honey, water and ginger in a small pot and bring to a gentle simmer and cook the rhubarb until tender (just when the crunch is gone) ~4-5 minutes and remove it from heat. Discard the ginger slice. Mix in the chopped strawberries. Set aside to cool.

*To serve:*

Remove the tart from the tart pan and place it on a cake stand or serving plate. Spoon the Honeyed Strawberry Rhubarb Compote over top (if you have extra, save it to eat with yogurt or chia pudding etc). Garnish with chopped pistachios and an additional drizzle of honey if you desire. Enjoy!