



Uploaded to VFC Website

▶▶▶▶ January 2013 ◀◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation
Tax ID #27-3820181*

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



Apricot-Cherry Tart

Prep Time: 40 mins

Cook Time: 40 mins

Total Time: 1 h 20 mins

Ingredients

- 1/3 cup(s) cherries, dried, coarsely chopped
- water, boiling
- cooking spray
- 2 tablespoon sugar
- 1 tablespoon cornstarch
- 3 can(s) apricot halves in light syrup, 15 ounces each, drained and chopped
- 1 tablespoon ginger, crystallized, finely chopped
- 2 teaspoon orange peel, finely shredded
- 2 tablespoon orange juice
- 1 medium apple(s), cooking, cored and coarsely chopped
- 1 1/3 cup(s) flour, whole-wheat pastry
- 1/4 teaspoon salt
- 1/4 teaspoon cinnamon, ground
- 1/4 teaspoon ginger, ground
- 1/3 cup(s) shortening
- 5 tablespoon water, divided
- 1 tablespoon sugar



Preparation

Apricot-Cherry Filling:

1. Place dried cherries in a small bowl. Add enough boiling water to cover. Cover and let stand for 20 minutes; drain and set aside. Meanwhile, preheat oven to 375°F. Prepare Spiced Wheat Pastry. Divide pastry into 8 portions. Lightly coat eight 4x2-inch rectangular or 4-inch round tart pans with removable bottoms with nonstick cooking spray. Press dough into bottoms and fluted sides of prepared tart pans.
2. For filling, in a large bowl, stir together sugar and cornstarch. Add the apricots, drained cherries, crystallized ginger, orange peel, and orange juice. Gently toss until coated.
3. Divide chopped apple evenly among pastry shells. Spoon filling evenly over apples, spreading to cover apples. Bake for 40 to 45 minutes or until filling is bubbly across the surface. If necessary to prevent overbrowning, cover loosely with foil for the last 10 minutes of baking. Serve warm or cooled to room temperature.

Spiced Wheat Pastry:

In a medium bowl, stir together 1 1/3 cups whole wheat pastry flour, 1 tablespoon sugar, 1/4 teaspoon salt, 1/4 teaspoon ground cinnamon, and 1/4 teaspoon ground ginger. Using a pastry blender, cut in 1/3 cup shortening until pieces are peasize. Sprinkle 1 tablespoon cold water over part of the flour mixture; gently toss with a fork. Push moistened dough to the side of the bowl. Repeat moistening flour mixture, using 1 tablespoon cold water at a time, until all of the flour mixture is moistened (4 to 5 tablespoons cold water total). Form dough into a ball.