

Red Plum Tart

Ingredients (Crust)

- 2/3 cup whole-wheat (wholemeal) pastry flour
- 1/3 cup all-purpose flour
- 2 tablespoons walnut oil or canola oil
- 1 tablespoon unsalted butter
- 1 teaspoon granulated sugar
- 1/8 teaspoon salt
- 1 tablespoon ice-cold water
- 1/4 cup turbinado or granulated sugar
- 1 tablespoon wheat germ
- 6 red-fleshed or other plums, about 1 lb total weight, pitted and thinly sliced
- 2 tablespoons seedless all-fruit raspberry preserves

Directions

Preheat oven to 400.

To make the crust, in a food processor, combine the flours, oil, butter, granulated sugar, and salt. Pulse until the mixture resembles damp sand. Add the ice water a little at a time and pulse until the dough begins to form a rough mass. Gently shape the dough into a 4-inch disk on a sheet of heavy-duty plastic wrap. Cover with a second sheet. Roll out into a 10-inch round; the dough will be very thin. Place the dough round in the freezer for 5 minutes.

Remove the dough from the freezer. Peel off 1 plastic sheet and let the dough stand until it is pliable, about 1 minutes.

Place an 8-inch round tart pan with a removable bottom on a nonstick baking sheet. Carefully fit the dough round into the tart pan. Trim the edges even with the rim and set aside. Reserve the scraps of dough.

In a food processor, combine the remaining scraps of dough, the turbinado sugar, and the wheat germ. Pulse to blend. Spread half of the mixture evenly in the tart shell.

Arrange the plum slices in the tart shell in a circular fashion, starting at the outer edge of the shell and working inward to form a second inner circle. The slices will overlap slightly.

In a small microwave-safe dish, microwave the preserves on high until melted, about 20 seconds. Brush the plums with the melted preserves. Sprinkle the remaining wheat germ mixture over the plums.

Bake until the fruit is tender and bubbling and the topping is lightly browned, 45-50 minutes. Let cool on a wire rack for 10 minutes, then cut into 8 wedges and serve.