
Aquafaba Explained & Raspberry Coconut Macaroon Tart

Cook Time: 0 min

prep Time: 0 min

total Time: 0 min

servings: 0

Ingredients:

Tart Base

- 200g oat flour
- 1 teaspoon cardamom powder (optional)
- 100g coconut sugar
- 1/4 teaspoon salt
- 80g coconut oil, chilled
- 1/4 cup cold water

Filling & Topping

- 120ml aquafaba, chilled
- 3/4 teaspoon cream of tartar
- 1/3 cup (80g) cane sugar (I used Layla Sugar from Natureland)
- 2 teaspoons rose water
- 1 1/3 cups (100g) desiccated coconut
- 1 cup (100g) fresh raspberries
- 1/2 cup all-fruit raspberry jam (or chia jam)
- 1/4 cup chopped pistachios

Instructions:

To make the base

1. Pre-heat the oven to 375F or 190C and line a 9inch springform pan or loose-bottom tart pan with parchment paper. Brush the sides with a little bit of coconut oil. Place on a baking sheet and set aside.
2. Place the oat flour, cardamom, sugar, and salt and pulse to combine and break down the sugar.
3. Add the chilled coconut oil in chunks and pulse until it breaks down to pea size pieces or smaller. Slowly add the cold water and pulse a few times. Stop and check to see if the mixture sticks together when you press it with your fingers. If yes then it's ready to use. Otherwise add a little more water and pulse again just until the mixture holds together.
4. Transfer the mixture to the prepared pan, and press down with your fingers and up the sides about 2cm (1 inch). Bake for 10-15 until. It won't brown much since it's already brown, but will no longer seem wet.
5. Let cool while you make the filling. Keep the oven on.

To the make the filling

1. Place the aquafaba in a medium bowl with the cream of tartar, and beat with a hand-held or stand mixer for a few minutes until frothy. Slowly add the sugar 1 tablespoon at a time, mixing for a minute on high speed between each addition. Continue beating until the aquafaba has formed a glossy meringue with stiff peaks—don't worry you can't overheat aquafaba.
2. Now fold in the rose water followed by the coconut until incorporated. Finally add two thirds of the raspberries reserving the rest for the top.
3. Bake for about 30mins until the edges turn golden brown. Let cool then add the raspberries and chopped pistachios. Slice and enjoy!