



Artisan Chef, Food Writer & Teacher

CHOCOLATE TORTE

This is a gluten free, vegetarian and vegan delight if you use the right ingredients. It is a rich mixture and the slices do not need to be too big. Serve with some whipped cream, crème fraiche or soured cream.

Serves: 10 -12

Preparation time: 30 mins

Cooking time: 15-20 mins

INGREDIENTS

Base

85g ground almonds

55ml light oil such as coconut oil, ground nut etc

3 tablespoons maple syrup or runny honey

1/4 teaspoon fine grain sea salt

Use gluten free

70g x flour

115 g x rolled oats

Filling

340g dark chocolate chips

1 can full-fat coconut milk, chilled in fridge overnight

2 tbsp maple syrup or honey

Pinch of salt

1 teaspoon pure vanilla extract

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METHOD

Use a loose bottomed flan tin approx. 18-20 cm diameter.

Crust: Preheat oven to 180C/350°F. Grease the base of the tin. Add almonds, coconut oil, maple syrup, salt, and flour into a food processor and mix until the dough comes together. Finally, add in the rolled oats and mix until incorporated. The dough should stick together when pressed between your fingers. If it doesn't, try processing for a bit longer.

With your fingers, crumble the dough evenly over the base of the pie dish. Starting from the middle, press the mixture firmly and evenly into the dish, moving outward and upward along the side of the pie dish. The harder you press the crumbs into the dish, the more it will hold together. Prick 5-6 fork holes into the bottom to let the air escape.

Bake pie crust, uncovered, at 350°F for 10-13 minutes, until lightly golden and fragrant. Remove from oven and set aside to cool on a rack for about 20 minutes.

Filling: Chill can of coconut milk in the fridge overnight so the cream can solidify. When ready, open the can and carefully scoop out the solid white coconut cream into a pot, discarding the water. Add chocolate chips and stir until combined. Heat over low-medium heat until most of the chocolate is melted. Remove from heat and stir in the syrup, salt, and vanilla until smooth.

Pour chocolate filling into pie crust and smooth out. Place in the freezer, on an even surface, for a minimum of 2 hours, or until firm throughout. To serve remove from freezer/fridge and allow the tort a few minutes to warm up before slicing. Leftovers can be frozen for a week.

Scale up ingredients to make a large tort in a 9inch flan tin (23 cm diameter) for larger parties. A simple dish that works well and serve on its own or with fresh fruit i.e. strawberries or raspberries. Or serve with some ice-cream, whipped cream, crème fraiche or soured cream.