



# MOCK APRICOT FLAN

## INGREDIENTS

Short crust pastry (enough to line a 9" tin)

1lb young carrots

Few drop of almond essence

4 tablespoons of water

1 tablespoon plum jam

## METHOD

Line the 9" tin with the short crust pastry and bake for 20-26 minutes until firm and golden.

Grate the carrots and put them in a saucepan along with the water and almond essence.

Cook gently until a soft pulp is formed, then spoon this in to the pastry case.

Spread the plum jam over the top.

Recipe courtesy of *P.E. Ridsdale* through *actiondeskshffield* , WW2 People's War:

<http://www.bbc.co.uk/ww2peopleswar/stories/77/a6177477.shtml>

