

Baking with **LAMB**



Who ever thought lamb could be used to bake with? Try these bakes with lamb broth, adding protein to your bakes.



High Protein Air Fryer Apple Tarte Tatin

Apple and cinnamon - synonymous with winter. This is a winter favourite and to make it extra satisfying, add lamb broth to make it a high protein treat.

Recipe by Shreya Beekum from the University of Pretoria
Photos by Christo Harvey
Equipment used Instant Brands Vortex Air Fryer

Apple Filling:

2 Large Apples, peeled, cored, sliced
200 mL Bone broth
100 g Brown Sugar
3 g Ground Cinnamon
2 g Nutmeg ground
5 mL Apple cider vinegar
5 mL Vanilla essence
20 g Dried apricots, dice
75 g Almonds, flaked
100 g Peanut butter, melted

Pastry Base:

75 g Almond flour
75 g Cake flour
70 g Icing sugar
3 g Salt
2 g Cinnamon, ground
55 g Butter, cold, and cubed
45 mL Bone broth

For the pastry:

Combine the almond flour, cake flour, salt, cinnamon and icing sugar together. Rub the butter into the dry ingredients using your fingertips until it resembles coarse breadcrumbs. Add the bone broth and mix to combine until a pastry forms. Wrap the pastry in plastic wrap and refrigerate.

For the filling:

Combine the bone broth, brown sugar, cinnamon, nutmeg, apple cider vinegar and vanilla essence together.

To assemble: evenly distribute and sprinkle the dried apricots into the 10cm tart tins lined with foil. Sprinkle and evenly distribute half of the flaked almonds on top of the dried apricots. Arrange the apple slices into the tart tins in a layered fan pattern, ensuring that each tart tin has half an apple. Sprinkle and evenly distribute the remaining flaked almonds over the apples. Drizzle and evenly distribute the melted peanut butter into the tart tins, over the apples and almonds. Stir the broth mixture to combine once more and pour and evenly distribute the broth mixture over the apples, ensuring to cover the apples. Divide the pastry into four even balls and roll to fit the tart tins. Place the pastry on top of the filling, tucking the edges into the sides of the tart tin. Bake the tarts in the Vortex Air Fryer for 25 minutes at 200°C until the pastry is a rich golden brown.

To remove the tarts, place a plate over the tart tin and invert. The tart should slip out of the tart tin easily. Serve with any remaining bone broth mixture in the tart tin if desired.