

## Gluten-Free Chocolate Tofu Tartlets with Cherry Compote

### Ingredients:

#### **Buckwheat Crust**

½ lb Buckwheat flour  
2 oz Sunflower seeds,  
finely ground  
1 tbsp Psyllium husks  
1/3 tsp Sea salt  
1 stick Cold butter, cut  
into smaller pieces  
2 tbsp Iced cold water

#### **Chocolate Tofu Filling**

1 1/2 cup Silken tofu  
2 tbsp Honey  
1 tsp Vanilla extract  
7 oz 70% Dark chocolate, cut  
into smaller chunks

#### **Cherry Compote**

¾ cup Cherry juice  
1 tsp Cinnamon powder  
1 oz Sugar  
1 cup Pitted fresh (or  
frozen, thawed) cherries  
2 tsp Cornstarch

Preheat oven to 400° F. Have ready four 4 inch tartlet pans or a 10 inch tart pan with removable bottom. Combine the buckwheat flour, finely ground sunflower seeds, psyllium husks, and salt in a large bowl. Rub in the cold butter with your fingers. Then, add in water, still mixing with your fingers, until the mixture forms a ball. Wrap the dough with waxed paper and chill for at least one hour or until firm before rolling. Remove the dough from the fridge and cut it into 4 pieces. Press the dough evenly into the prepared pans and prick the bottoms with a fork. Line each tartlet pan with parchment paper or aluminum foil and fill with pie weights or dried beans. Bake the tart shells for 10-12 minutes or until the edges begin to brown. Remove the pie weights or beans and return to the oven to bake for 5 minutes more, or until the crust is golden brown. Let the shells cool completely before filling and serving.

In a blender, mix the silken tofu with vanilla and honey until smooth. Place chocolate chunks in a saucepan on low heat and melt just until smooth. Pour melted chocolate into the blender and continue blending until the mixture is completely smooth. Divide the filling into the prepared tartlet shells and chill at least 2 hours until firm.

Mix the cornstarch and 1 tbsp cherry juice in a small bowl, set aside. Add the rest of cherry juice, cinnamon powder, sugar and cherries in a medium saucepan. Bring the mixture to a boil. Reduce heat to medium-low. Simmer until cherries are softened and start to release juices, about 10 minutes. Once the compote has cooked, add the cornstarch mixture a bit at a time while stirring. Let the mixture simmer for a minute. Pour into a bowl and let cool before using.