

<p><i>From the Healing Program Recipe Collection . . .</i></p>																			
<h2><b>Dark Chocolate Panforte with Apricots, Cherries, Hazels &amp; Figs</b></h2>																			
<p><b>Gluten-free, Dairy-free, Wheat-free</b></p>																			
<p><b>Ingredients</b></p>	<p>You will need a small tin 17 cm diameter – springform with separate base is good – to facilitate removal. <i>(It's really worthwhile getting one of these because you will make this recipe over and over!)</i></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">40g roasted hazel nuts</td> <td style="width: 50%;">½ teaspoon ground ginger</td> </tr> <tr> <td>50g roasted almonds</td> <td>½ teaspoon cinnamon</td> </tr> <tr> <td>70g pistachios</td> <td>½ teaspoon ground fennel</td> </tr> <tr> <td>10g cocoa powder</td> <td>½ teaspoon ground white pepper</td> </tr> <tr> <td>55g rice flour</td> <td>Pure icing sugar for decorating</td> </tr> <tr> <td>70g dried soft figs</td> <td>60g dried apricots</td> </tr> <tr> <td>60g dried cherries</td> <td>60g soft sultanas</td> </tr> <tr> <td>80g dark chocolate, broken up</td> <td>160g honey</td> </tr> <tr> <td>100g powder (caster) sugar</td> <td></td> </tr> </table>	40g roasted hazel nuts	½ teaspoon ground ginger	50g roasted almonds	½ teaspoon cinnamon	70g pistachios	½ teaspoon ground fennel	10g cocoa powder	½ teaspoon ground white pepper	55g rice flour	Pure icing sugar for decorating	70g dried soft figs	60g dried apricots	60g dried cherries	60g soft sultanas	80g dark chocolate, broken up	160g honey	100g powder (caster) sugar	
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<p><b>Method</b></p>	<p>Preheat oven to 125 degrees Celsius fan-forced (145 degrees conventional oven).</p> <p>Grease the 17 cm tin, then also line with paper and grease that as well. Use a food processor to chop the almonds and hazels. Sift cocoa and flour together into a bowl. Add spices and dried fruit then mix in chopped nuts, whole pistachios and chocolate pieces until all are well blended.</p> <p>To stick this mixture together - put the caster sugar and honey into a saucepan and warm over low heat. Keep stirring until it boils gently for a minute or two.</p> <p><b>Now work quickly!</b> Add the sugar/honey mixture to the dry ingredients in the bowl. Stir until combined (it gets VERY sticky as it cools so be prepared for a battle getting it out of the bowl!)</p> <p>Press the mixture into the lined tin – it should be about 4-5cm thick. Dust top with pure icing sugar and bake for 20 minutes. When it comes out of the oven it will be soft – but it will become firmer upon cooling.</p>																		
<p><b>Serve</b></p>	<p>Wait until completely cooled before slicing thinly. Serve with good black coffee. Of course this <b>panforte</b> keeps beautifully in a tin or airtight container. Enjoy!</p>																		