

Time for lime

The best special diet food is food that no-one would know is special diet food, like this gluten-free lime and coconut tart, baked on a macaroon-style crust. The recipe is from Robyn Russell's second collection of gluten-free recipes, *More Gluten Free and Easy* (Murdoch Books, \$34.95).

LIME AND COCONUT TART

Serves 8

BASE

- 1/3 cup caster sugar
- 1 egg, separated
- 1 1/2 cups desiccated coconut

LIME CURD

- 6 egg yolks
- 3/4 cup sugar
- 1 tbsp lime zest, finely grated
- 1 tbsp lime juice
- 2 tbsp lemon juice
- 125g butter, chopped

PREHEAT the oven to 160°C. Use a 23cm round silicone tart tin or grease a regular non-stick tart tin with a removable base and line the base with baking paper.

IN A BOWL, stir the sugar and egg yolk until combined, then stir in the coconut and mix well. In a

glass or stainless steel bowl, beat the eggwhite until it forms stiff peaks. Fold into the coconut mixture and mix gently until fully incorporated.

USING wet fingers, press the coconut mixture over the base and side of the tart tin, ensuring there is a consistent thickness, especially on the sides—any thick spots will be hard to cut. Bake for about 10 minutes, or until evenly browned, then allow to cool to room temperature before filling.

TO make the lime curd, put the egg yolks, sugar, zest and juice into the top of a double boiler. Whisk constantly for about 10 minutes, or until very thick and a pale lemon colour. It's important not to shortcut this step or the curd won't set properly.

REMOVE the pan from the heat and add

Sweet treat



Make the most of in-season limes with this smart tart.

the butter one piece at a time, whisking constantly until fully incorporated. Cover the curd closely with plastic wrap and set aside to cool to room temperature. When cooled, spoon the

curd into the prepared case and refrigerate until set.

TO SERVE, carefully remove the tart from the tin, cut into wedges and serve plain or with a scoop of vanilla ice-cream.

Oracle Organics' Barbara Byrnes with her favourite apple and strawberry juice: "Corporate values didn't suit me. Now I follow my own beliefs."



Liquid assets

The hardest thing about starting up your own company after a career in the corporate world, says Oracle Organics founder Barbara Byrnes, "is doing all the little things you [normally] take for granted"—like installing your own phones and furniture. "I was sitting on the floor building flatpack desks from Ikea." She's laughing now, having launched her range of drinks late last year, with the goal of taking organic, Australian-manufactured and sourced teas, coffees, water, juices and soft drinks to the masses. "If I can put a bottle of organic cola into someone's hand instead of something full of chemicals and artificial additives, then brilliant!"

Buy of the week

2006 PENFOLDS KOONUNGA HILL SEVENTY SIX SHIRAZ CABERNET

This wine is special. Created as a tribute to the much-admired 1976 vintage, it's bottled with a heritage label that conjures up images of men with big moustaches and medallions. But it's muscular in a refined way, with flavours of cherry, chocolate, liquorice and oak. It's delicious, but only available on wine lists, for about \$35, or at the Penfolds cellar door in Nurioopta, SA, for a bargain \$17.95.

