

NILFGAARDIAN'S HEART

This dessert was created by a cook of the court of King Foltest, to celebrate the victory in Lower Soddan during the Northern Wars. Many atrocities were committed during the wars, but one particular event struck the eyes of the cook: a temberian commander, after slaying an enemy soldier in combat with his sword by cutting through his chest, thrust his arm into the wound, gripping the failing heart and stripping it from the body. While he was holding it high, spilling blood on the ground, the cook noticed, probably due to a strange shadow casted on it or due to the way the heart was stripped, how dark the heart of the Nilfgaardian was.

Later on when the war was over, the cook decided to “paint” this sight in his own art: he created this tart, as a reminder of how bloody this battle was and how the darkest part of men can easily arise and reveal the true identity of someone.

Ingredients:

For the tart:

- 1 abundant cup of diced butter (225g)
- 2 abundant cups of plain flour (350g)
- 1/3 of cup of sugar (75g)

For the filling:

- A small bowl of pork or beef minced meat (280g)
- A box of berbercane fruit (blueberries)
- Pinch of salt

For the top:

- 1 small egg
- Some balisse sauce (cranberries)



To prepare the pastry combine the butter with the flour then add the sugar, kneading gently until you have a firm dough.



Put a bit of dough into a patty tin, enough to cover the bottom and sides. Keep some pastry to cover them.

Prepare the filling by mixing together the meat with the berbercane fruits, either entire, cut in half or smashed or a mixture of the three and the salt. You'll know when the berbercanes are enough once the mixture is black as the heart of a Nilfgaardian. If the mixture is too dry you can add a small piece of butter.

Now put a spoonful of filling into each cup of the patty tin.



Pre-heat the oven at 200C. Once you finished filling the tins, close the top with some pastry.



Beat 1 egg and brush the top of the tart, then cook until golden.



Cook for approx. 20 min; when the top is golden you can remove the tarts from the oven and leave them to cool off on a grate.

Remove the tarts from the tin, and put some balisse sauce on top of it for a proper experience.



Best served hot!

