

French Apple Tart



Recipe By FoodieBook

Ref: 510

Heading: Puddings

Cuisine: French

Food Type: Vegetarian

No of Portions: 8

Ingredients & Prep

195 g self-raising flour
115 g butter unsalted soft
50 g caster sugar
1 egg large
1 pinch salt

Filling

650 g eating apples peeled cored & sliced in 1/8ths
300 g apple sauce from jar or make
35 g caster sugar
20 g butter salted
1/4 tsp cinnamon ground

Glaze

150 g apricot jam
2 tbsp Calvados or brandy

Method

Step 1 - Make the pastry by placing butter & sugar in a bowl & beat together with a electric hand mixer or a food mixer until light & fluffy, then add egg & mix in then add flour & salt, mix in until just combined, bring pastry into a ball wrap with cling film flatten then place in the fridge to rest for an hour.

Step 2 - Pre-heat fan oven to 180°C.

Step 3 - Use a 23 cm removable bottom non-stick tart tin, grease with extra butter, then roll out pastry to about 30 cm circle on a floured worktop, then using the rolling pin lift the pastry over the tin & line the tin using your fingers to push carefully into the corners, cut off excess pastry from around the edge, cut a 30 cm circle in a sheet of greaseproof paper & really scrunch it up, then use to line the pastry fill with dry rice or baking beans, bank up at the sides & blind bake for 15 mins then for a further 5 mins without the rice/beans to light brown, then remove to cool.

Step 4 - Make the glaze by placing jam in a saucepan & bring up to a slight boil, then remove from the heat & add the booze & mix in, using a pastry brush liberally coat the inside of the pastry case, then set aside.

Step 5 - Next pre-prepare the apples then cook for 2 to 4 mins in a frying pan with the butter, sugar & cinnamon until they begin to soften, remove from the heat & set aside.

Step 6 - Next tip apple sauce into the pastry case, then arrange neatly the apple slice on top of the apple sauce, any butter left in the pan drizzle over, bake in the oven for 25 mins, when cooked remove from the oven & glaze the top with the remaining apricot jam while still hot, place on a serving dish, best eaten warm with double cream.

Suggestion & Tips

You can pears instead.