

Apple Tarte Tatin

Why this recipe?

I loooooooooooooove reading travel stories of different countries – my favourites being Provence, France and Tuscany, Italy.

And everywhere in my French travels, I read about this Tarte Tatin.

I've been to many, many restaurants but you don't see this dessert anywhere – and I really, really wanted to try it.

Masterchef Australia is one of my absolute favourite food programmes. And in one of the episodes, they had to make an Apple Tarte Tatin.

I watched them avidly!

So I searched for this Masterchef recipe. Found it and I tried it.

Oh my gosh! It is really really yummy!!!!!!!!!!

It was quite thin, so (shame of shames), I devoured half of this.



Apple Tarte Tatin

3 Golden Delicious apples
1 tbs lemon juice
1 cup (110g) caster sugar
40g unsalted butter, chopped (*not Irish butter, too watery*)
Ready-rolled puff pastry sheet
Cream, to serve

Preheat oven to 220°C (200°C fan-forced).

Peel apples, cut into quarters, remove cores (cutting each quarter at the core so it has a "flat" side), and toss the quarters in a large bowl with the lemon juice and 1 tablespoon of the sugar.

Using a 20cm frying pan as a guide, cut pastry into a round slightly larger than the pan, prick with a fork.

Melt butter in a 20cm non-stick frying pan over medium-high heat. Cover with the remaining sugar. Cook over medium-low heat, shaking pan occasionally to spread around any dark spots that appear, until a rich caramel forms.

Place apple quarters into pan, rounded side down, arranging them around pan. Cut remaining apple to fill gaps. Cook the apples over medium heat for about 10 minutes until caramel is bubbling up in the pan, shaking pan occasionally to prevent burnt spots.

Lay the pastry over the apples, tucking any protruding edges around edges of pan.

Place the pan in the oven, cook for about 25 minutes, or until the puff pastry has risen and cooked. The pastry should be dry and flaky. Stand Tarte in pan for 10 minutes before carefully turning out onto a serving plate. Serve with cream or cream & ice cream.

<http://www.masterchef.com.au/apple-tarte-tatin.htm>