

# French Apple Tart

## Ingredients for Shortcrust Pastry:

250g Plain Flour  
125g Butter, Cubed  
125g Caster Sugar  
4 Egg Yolks



## Ingredients for Filling:

1500g Cooking Apples, Cored and Cut into Chunks  
125g Caster Sugar  
90g Butter  
6 Tablespoons Apricot Jam  
3 Tablespoons (45ml) Water  
Grated Zest for 1 Large Lemon



## Ingredients for Apple Topping and Glaze

375g Dessert Apples, Peeled, Cored and Sliced  
6 Tablespoons Apricot Jam  
1 Tablespoon Caster Sugar  
Juice of 1 Large Lemon



You will need a round 28cm loose bottomed fluted flan tin and a container to take your French apple tart home in.

## Method:

1. Preheat the oven to 190°C or Gas Mark 5.
2. Grease a loose bottomed fluted flan tin.
3. Weigh and measure out all the ingredients.
4. Cut the butter into small even size pieces.
5. Sieve the flour into a large mixing bowl. Add the butter and shake the bowl. Rub the butter into the flour with your fingertips until the mixture resembles breadcrumbs. Shake the bowl and any lumps will rise to the top. Continue the rubbing in method until any lumps disappear.
6. Stir in the caster sugar with a round bladed knife.
7. Crack and separate the eggs into separate bowls.
8. Mix the egg yolks to the flour and butter mixture with a round bladed knife. Add a little at a time as you may not need to add it all. Add a little cold water if necessary to make a soft dough.
9. Wrap in cling film and chill for 30 minutes in the fridge.
10. Core the 1500g cooking apples and cut into even sized slices.
11. For the filling: Place the butter in a large saucepan, place at the front of the hob. Gently melt the butter and add the cooking apples and 3 tablespoons (45ml) water. Cover with a lid and cook very gently on a low heat for 15 to 25 minutes until the apples are soft. Keep checking the liquid has not evaporated.
12. Zest the lemon onto a plate.
13. Rub the apples through a clean nylon sieve into a clean saucepan, use a metal tablespoon to do this. Add the apricot jam, caster sugar and lemon zest. Cook over a high heat for 10 to 20 minutes, stirring constantly until all the liquid has evaporated and the apple purée is thick. Remove the saucepan from the heat, place on a pan stand and leave to cool.
14. Remove the pastry from the fridge and roll out the pastry on a lightly floured work surface. Roll the pastry to larger than the dish. Line the flan tin. Line with baking paper and baking beans or rice. Blind bake in the oven for 10 to 15 minutes.
15. Meanwhile prepare the dessert apples by removing the core and cutting into thin even size slices. Soak in lemon juice to prevent enzymic browning as the acid will denature the enzymes.
16. Remove the baking paper and baking beans or rice and bake for a further 5 minutes. Leave to cool on a cooling rack.
17. Spoon the apple purée into the pastry shell. Arrange the dessert apple slices that have been soaking in lemon juice on top. Brush with any remaining lemon juice and sprinkle with caster sugar.
18. Return to the oven and bake for 30 to 35 minutes until the apples are tender and their edges lightly browned.
19. Place 6 tablespoons apricot jam into a small saucepan and place at the front of the hob. Heat the apricot jam on a low heat it will become softer. Place a sieve over a large bowl and work the heated apricot jam through the sieve using the back of a metal tablespoon. Use a pastry brush to brush over the apples.
20. Serve.

