

Tarte Tatin



Ingredients for Shortcrust Pastry:

175g Plain Flour
125g Butter
30g Icing Sugar
1 Egg Yolk
1 Teaspoon Cold Water



Ingredients for Filling:

1000g Cox's Apples or Similar Firm Dessert Apples
90g Butter
90g Demerara Sugar
Grated Zest and Juice of 1 Lemon



You will need a round shallow 23cm cake tin and a container to take your tarte tatin home in.

Method:

1. Preheat the oven to 200°C or Gas Mark 6.
2. Grease the cake tin.
3. Weigh and measure out all ingredients accurately.
4. Cut the butter into small even size pieces using a table knife.
5. Sieve plain flour into a large mixing bowl.
6. Add the butter into the large mixing bowl and shake bowl.
7. Rub butter into the flour with your fingertips until it resembles breadcrumbs. Shake the bowl and any lumps will rise to the top. Rub these in thoroughly.
8. Sieve in the icing sugar.
9. Crack the egg into a small bowl and separate the yolk from the white.
10. Add the egg yolk and a teaspoon of cold water, mix with a round bladed knife until a soft dough is formed. Knead lightly in the bowl for a minute.
11. Wrap the dough in cling film and chill for 30 minutes in the fridge.
12. For the filling: Put the butter and demerara sugar in a saucepan. Place the saucepan at the front of the hob and heat very gently until the sugar dissolves. Increase the heat and cook gently for 3 to 5 minutes until the mixture turns golden brown and is thick, but pourable.
13. Remove the saucepan from the heat and pour the mixture evenly over the bottom of the cake tin.
14. Grate the zest from the lemon. Cut the lemon in half and juice. Pour the zest and juice into a small bowl.
15. Peel, core and slice the apples into even slices. Toss them with the lemon zest and juice. Arrange in the bottom of the cake tin.
16. Roll out the pastry on a lightly floured work surface into a circle slightly larger than the tin.
17. Lay the pastry over the apples, tucking the excess down the side of the tin.
18. Bake in the oven for 25 to 30 minutes until the pastry is crisp and golden.
19. Invert a serving plate on top of the tin, turn the tin and plate over and lift the tin to reveal the caramelized apples.
20. Serve warm or cold.

