

# APPLE TART "GRANDMOTHER" STYLE

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## 1. PICTURE RECIPES – Desserts (Autumn 2015)

### Equipment and Tool needed:



*Cutting board (green) | 3 mixing bowls | whisk | plastic scraper | spatula | piping bag with star nozzle | lemon skin grater | Juicer | tart tin round 26 dia cm | tray (rack) | apple corer | peeler | small knife | fork | bamboo stick | scale | Powder sugar shaker*

### Ingredients needed:



*Puff pastry sheets | sugar white | sugar castor | sugar powder | eggs (1 whole, 1 egg yolk, 2 egg whites) | Brandy | sultanas or raisins | milk | cream | Flour plain white | corn-starch | lemon juice and lemon skin grated | butter unsalted | apples (red or golden delicious) | vanilla bean core (mark | cinnamon ground | salt cooking | hazelnut meal*



Preparation / Cooking:



*1. Soak the sultanas in Brandy and set aside*



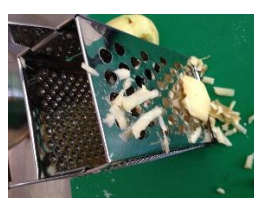
*2. Place mixing bowl and whisk in refrigerator (for making stiff egg whites)*



*3. Butter and flour tart tin, put aside*



*4. Mix flour white plain and corn-starch, put aside*



*5. Core, peel and grate apples*





6. Mix milk, cream, sugar white, cinnamon ground, flour plain and corn-starch mixture, lemon skin grated, lemon juice, vanilla bean core (mark), salt cooking, 1 egg whole and 1 egg yolk | Mix well



7. Add grated apples and soaked sultanas with the remaining Brandy | mix well and place in refrigerator (covered with plastic wrap)



8. Line out buttered and floured tart tin with puff pastry sheets | press dough sheets to a nice fit all around | cut off overlapping dough



9. With a fork punch holes into the dough sheet (helps to cook through the tart evenly)



10. Sprinkle hazelnut meal on bottom of the dough sheet (will help to absorb some of the moisture from the apple mixture – keeping the dough crusty)





11. Spread out apple mixture evenly | slightly smack the tart tin flat onto the surface (no bubbles)



12. Bake at 220 – 230 C in conventional oven (top and bottom heat) for 10 minutes



13. After 10 minutes (or till the upper crust is light brown cover with aluminium foil and bake for another 10-15 minutes or till the apple mixture has set and the bottom crust is cooked (done) | Cool down for a while on a tray (rack).



14. Add egg whites and a pinch of salt to the mixing bowl (from refrigerator), beat to a soft peak and add castor sugar, then continue beat to a strong peak | place mixture into a piping bag with a star nozzle.



15. Take out of baking tin and place on upside down baking tin | Decorate surface with piped stiff egg white, dust with powder sugar and put back into the oven for approximately 3-4 minutes to glaze (till the piped stiff egg white turns light brown).





*16. Take out, let cool down on tray (rack)*



*17. Dust with powder sugar before serving.*

*PS: can be served warm | goes well with Vanilla Ice-cream or / and whipped cream*



*Bon Appetite – Chef & Guide Dog User Martin*

