



TARTE TATIN

INGREDIENTS

FOR THE SHORTCRUST

- 250 g (8.8 oz) flour
- 125 g (4.4 oz) butter
- 25 g (4.4 oz) caster sugar
- 1 egg yolk
- 40 ml (1.4 fl oz) water
- 1 pinch salt

FOR THE CARAMEL SAUCE

- 100 g (3.5 fl oz) Sugar
- 100 g (3.5 fl oz) butter
- 1 tbsp lemon juice

FOR THE GARNISH

- 6 apples

NOTES

- You don't have to use a dish designed for tarte tatin like the one from Le Creuset. You can use a simple cast iron skillet like I use in the video tutorial.
- Refer to my sweet shortcrust recipe (using a food processor) or use ready-made shortcrust pastry. You can also use pre-made puff pastry.
- Allow the dough to rest at room temperature for 30 minutes after removing it from the fridge.
- Prepare the apples **ONLY** once the dough has rested after refrigeration.

PROCEDURE

1. Make the shortcrust dough as per my recipe and allow to rest in the fridge for 2 hours before use.
2. Remove the core of the apples with a core remover and peel the apples. Once you have peeled the apples plunge them briefly in a mix of lemon juice and water. This stops the apples from turning brown. Then chop the apples in quarters.
3. Now you need to make the caramel sauce. The key to success is to use a pan that is fit for purpose. So either a specialty pan for tarte tatin or a simple skillet made of cast iron. The pan used to make the caramel sauce will also act as the dish for your tart. To make the caramel, put the sugar and butter together in the pan and add a squeeze of fresh lemon juice. Let the mix cook on a medium heat checking the color as it cooks.
4. When the mix becomes brown and thick (not dark brown) remove the pan from the heat. Watch closely because if caramel burns will become bitter.
5. Lay the apple quarters in the pan over the caramel. Start with the outer edge of your pan and add the apple quarters one by one next to each other until the pan is full. Ideally you want to cram as many apples as you can into your pan. Apples reduce in size when cooked. so the more apples the better. If you have any left over cut the quarters in half and place them wherever there are gaps.
6. Lay out your dough with a rolling pin and make a circle around half a centimeter in thickness (the diameter of the circle has to be slightly larger than the pan). Carefully lay the dough on top of the apple and press the edge of the dough on the inside of the pan.
7. Place the pan in the oven at 200 °C or 400 °F and cook for 20 to 25 minutes.
8. When the tart is cooked take it out of the oven and let it rest for 10 minutes. With oven mitts turn the pie upside down on a large plate. Voila, the dough is now at the bottom, the apple on top and it should look delicious.
9. Let the tart rest for 20 minutes before eating it.