



French Apple Tart

Ingredients: Crust

- 1 ¼ cups flour (150 g)
- 1 tbsp sugar (12 g)
- ¼ tsp salt (1.5 g)
- 1 stick cold unsalted butter, cubed (120 g)
- 1 egg yolk
- 2 tbsp ice water (30 ml)

Ingredients: Compote

- 3 gala apples, peeled, cored and cut into chunks
- 2 tbsp sugar (25 g)
- ¼ cup of apple juice (60 ml)
- ¼ cup of water (60 ml)
- 1/8 tsp of cinnamon (2 g)
- zest of 1 lemon

Ingredients: Topping

- 2 gala apples, peeled, cored and sliced 1/8 " thin
- ½ tsp of sugar (2 g)
- 2 tbsp apricot jam, heated until liquefied (30 ml)

juice of ½ a lemon

FOR WHIPPED CREAM:

2 cups of heavy cream (480 ml)

2 tbsp powdered sugar (13 g)

1 tsp vanilla extract (5 ml)

Recipe Preparation

- ❑ In a bowl of a food processor combine flour, salt and sugar and pulse until combined. Add butter cubes a few at a time, pulsing quickly until dough resembles a coarse meal. Beat egg together with water. Add egg mixture, slowly, pulsing just until dough comes together. Turn out onto a floured surface and roll into a ball and then pat down into a disk. Wrap disk in plastic and refrigerate for 30 minutes (or pop in the freezer for 10)
- ❑ Meanwhile, place apple chunks, sugar, juice, water cinnamon and zest in a heavy-bottomed sauce pan. Cover and bring to a boil and let cook for 10 mins.
- ❑ Simmer uncovered until most of the liquid is evaporated. Mash apples into a paste with a fork. Allow to cool completely, it will thicken as it cools.
- ❑ Roll out dough onto a floured surface and fit into a 9" tart pan. Spread a single layer of compote on the bottom, and place in freezer while you prep your apples.
- ❑ Peel, core and slice apples very thin, about 1/8 " thick. Place in bowl and squeeze with lemon juice to prevent browning.
- ❑ Remove tart from the freezer. When placing the apples the idea is to create an escargot pattern. Starting from the outside and working your way into the center. Layer each apple, cut side down, one slightly overlapping the other, making your way all around the tart until you reach the center.
- ❑ Bake at 400F (200 c) for 15 minutes and then reduce heat to 350F (175 c) and bake for 20 more minutes, or until golden brown. Then place under the broiler for 1-2 minutes just until the apples begin to get lightly charred.
- ❑ Place the jam in the microwave and heat on high for 15 secs or until melted. Brush tart with jam to create a nice shine. Et voila!
- ❑ Serve with vanilla ice cream or a dollop of homemade whipped cream.
- ❑ For whipped cream place all ingredients in the bowl of an electric mixer and whip on high until soft peaks form.

NOTES

- ❑ Make sure your compote has completely cooled before doing this or it will melt your chilled pastry.
- ❑ Starting at the higher temperature allows you to skip the "blind baking" step with this tart and prevents your tart shell from shrinking too much. Just remember to reduce the temperature!
- ❑ This tart is really best served the day it is made. However you can prepare the components ahead of time to save on the "day of prep". You can make the tart dough, cover in plastic wrap and refrigerate, prepare the compote, make the whipped cream cover and refrigerate. Then all you have to do the day of is assemble and bake