



Artisan Chef, Food Writer & Teacher

NORMANDY APPLE TART

Serves 8 in one large flan or 8 individual small flan cases or as small canape sized tarts.

INGREDIENTS

Pastry (pâte sucrée):

6 oz. (175g) plain flour

3 oz. (85g) unsalted butter, soft

3 egg yolks

3 oz. (85g) caster sugar

grated rind of half a lemon, organic or unwaxed

3-4 drops of vanilla extract

pinch of salt

Frangipane:

6 oz. (175g) ground almonds

6 oz. (175g) unsalted butter, soft

5 oz. (125g) caster sugar

3 eggs

1 1/2 tablespoons of plain flour

1 tablespoon Calvados or Kirsch

2 drops of almond extract

Glaze:

apricot jam

lemon juice



Paul Bellchambers

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METHOD

Sift the flour into your food processor then add all the other ingredients, turn on the machine and mix in short bursts. Keep going until pastry forms a ball, do not overwork it or the pastry will become tough. Wrap and place in refrigerator for 1 hour.

Roll out and carefully put into greased a flan dish (with loose bottom is best) the pastry will be quiet delicate to use and break up but it repairs easily, just press together again, it will not spoil the end result.

Bake blind for 7 - 8 minutes (place greaseproof paper over the pastry and fill with beans or baking beans), remove the baking beans and paper, bake for another 5-7 minutes, until light golden brown.

Calvados gives a nice kick to the almond paste. Mix the butter and sugar until nice and creamy add the eggs, ground almonds, sifted flour, Calvados and almond extract, stir it all together.

Prepare 3 apples, peeled, cored, halved and cut into slices, like a deck of cards, just before baking.

Fill the pastry case with the frangipane but do not overfill, place the sliced apples evenly on top. Bake at 200 C for 30 - 40 minutes.

When cool, remove from baking dish dust with icing sugar and caramelize using a blow torch then brush the glaze over the top.

For the Glaze:

Heat the jam gently on the stove until it melts, add the lemon juice and mix in then pushed through a sieve. Brush the glaze all over the tart

