

Normandy Apple Flan – Tarte aux Pommes

You will need an 18-20cm flan ring + plate, or flan dish/tin, or individual tartlet tins

Pâte Sucre pastry

- 225g / 8oz plain flour
- 175g / 6oz butter
- 1 tablespoon caster sugar
- 1 egg yolk

Filling

- 2 medium-large cooking apples
- 2-3 eating apples (red skinned if possible)
- 50-75g / 2-3oz sugar
- 25g / 1oz butter
- Optional – lemon zest or cinnamon to flavour

Glaze

- 2 tablespoons apricot jam
- 2-3 tablespoons water



Method

1. For pastry – rub butter into flour until fine breadcrumbs. Beat together egg yolk and sugar, add to flour and butter to form a dough. (If mixture will not bind together, add 1-2 teaspoons cold water). Wrap in greaseproof paper or cling film and chill.
2. Heat oven Gas 5 / 190°C
3. Prepare apple purée. Peel, core and slice cooking apples. Cook with melted butter and sugar until soft and pulpy (approx. 15 mins), adding a little water if necessary. Allow to cool.
4. Roll out pastry and line flan ring or dish. Trim and neaten top edge.
5. Bake pastry blind for 15 mins (10 mins with paper and 5 mins without).
6. Pour apple puree into flan case and spread evenly.
7. Cut remaining eating apples into quarters and remove core. Slice very thinly.
8. Arrange over-lapping apple slices on top of apple puree.
9. Sprinkle with a little sugar and bake for 15-20 mins, or grill under a medium heat until top is browned. Heat the apricot jam and water in the microwave, or in a small pan. Strain through a sieve to remove lumps. Brush over the apples to glaze and give a shiny finish.
10. Serve hot or cold with cream.

Tip: the stewed apple filling can be replaced with a crème patissiere (confectioners custard)

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