

# Apple or Pear Tarte Tatin

## INGREDIENTS

- 4 Golden Delicious apples / pears
- 125g castor sugar
- 100ml water
- 25g butter
- 1 x packet puff pastry
- 1 egg beaten



Serves 12

## The Method

*Tarte Tatin is French through and through. The “recipe” was accidentally achieved by a mishap in the kitchens of the Hotel Tatin in the town of Lamotte-Beuvron, deep in the Loire Valley. The Tatin sisters, Caroline and Stephanie, had inherited the hotel from their father in 1888. Caroline was the business manager, while Stephanie was the cook. Stephanie’s cooking had a good reputation, her apple tart was renowned. One day, however, she lightly cooked the apples and butter as usual, but then, in haste, or by mistake, put the pastry crust over the top of them, instead of putting the apples into a pastry shell. She may have realised her mistake, but too late, it was done, and so the tart was baked. To serve this dessert Stephanie needed to make it appear to be her usual apple tart, so she turned it upside down. Her diners loved it. In the oven, the apples, sugar, and butter had intensified their caramel flavour and the pastry crust was dry, light, and crisp. Unknown to Stephanie, her mistake was to become a piece of culinary history and has enjoyed growing popularity worldwide ever since.*

1. Pre heat oven to 200°C
2. Peel, core and quarter apples or pears
3. Mix water and sugar in medium ovenproof iron pan, simmer until golden brown
4. Remove from heat, stir in butter
5. Arrange quarters of fruit in syrup solution
6. Simmer for 10 minutes
7. Set to one side or refrigerate until ready to cook
8. Roll out pastry and top fruit folding an extra inch down around the edge
9. Brush top with egg wash
10. Bake for 20 minutes or until the tarte is golden and puffed up

These can be made as smaller individual tarts – remember to slice the fruit thinly and reduce the oven baking time.

Serve with clotted cream or vanilla ice cream.

