

The Apple Tart



Serves :

6-8



Prep :

2h



Rest :

Freezing : -
Refrigeration : 12h



Cook :

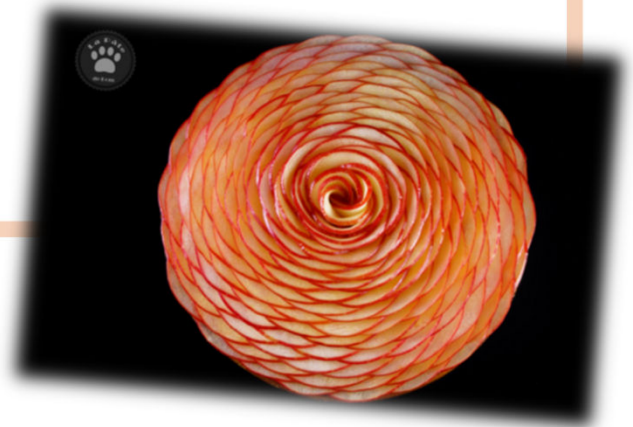
Temperature : 338°F
Time : 1h.

Special equipment

- Tart ring Ø 20/22 cm
- Mandolin
- 3mm dough thickness guides
- Lemon squeezer

List of recipes

- ✓ Sweet pastry dough (tart crust)
- ✓ Almond cream
- ✓ Apple compote
- ✓ Syrup



Steps

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Refrigerate for at least 2 hours
- 👉 **Lining the tart shell** Page **4**
Refrigerate for at least 6 hours

D-Day

- 👉 **Baking the crust** Page **5**
Bake for 15 minutes at 170-180°C/338-356°F (convection oven)
- 👉 **Preparing the almond cream** Page **5**
Bake for 10-15 minutes at 170-180°C/338-356°F
- 👉 **Making the apple compote** Page **6**
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Bake for 10 minutes at 160°C/320°F in a convection oven

Sweet pastry dough

The quantity prepared is intended for 2 tarts with a diameter of 20 to 22 cm (you can freeze the unused portion).

Ingredients

- ☑ 150 g ~ Butter
- ☑ 95 g ~ Powdered sugar
- ☑ 1 g ~ Fleur de sel
- ☑ 1 pinch of vanilla powder
- ☑ 30 g ~ Almond powder
- ☑ 60 g ~ Whole egg (x1 large)
- ☑ 250 g ~ All-purpose flour

- Prepare the dough the previous morning to respect the resting times.
- Take 150 g of butter out of the refrigerator at least 2 hours before starting the recipe to bring it to room temperature and cut it into small cubes.
- Cream the butter using a stand mixer fitted with the paddle attachment.
- Add 95 g of sifted powdered sugar and mix, gradually increasing the speed until obtaining a creamy and homogeneous mixture.
- Add 30 g of ground almonds (or hazelnuts), a pinch of fleur de sel, and a bit of vanilla powder. Continue mixing on medium speed.
- Add 60 g of beaten whole eggs (approximately 1) to the mixture.
- Finish mixing with a rubber spatula or scraper (it will be much more effective than the paddle of the mixer).
- Finally, add 250 g of sifted all-purpose flour (preferably T55 or T65).
- Mix with the stand mixer without overworking the dough. The mixture should be homogeneous.
- Then, using your hands, form a ball and divide it into two equal parts to form two balls.
- Wrap each ball tightly in cling film.
- Flatten the balls slightly to facilitate rolling later.
- Chill the pastry in the refrigerator for ideally 6 to 8 hours.



The dough lining

To be preferably done the night before to respect resting times.

- Take the dough ball out of the refrigerator 30 minutes before rolling it out
- Flour the work surface and the dough.
- Roll out the dough by pressing firmly (without crushing it, otherwise it will tear).
- Check from time to time that the dough does not stick to the work surface.
- Use 2-3 mm thick rulers to achieve a perfect result.
- Cut out the tart base using the circle that you will use.
- Form a ball with the leftover dough and transfer your disk to parchment paper (being careful not to deform the disk).
- Place the disk in the refrigerator.
- With the remaining dough, make strips of more than 2cm wide (as long as possible) and place them in the refrigerator.
- Butter the tart ring (preferably use a perforated ring).
- Prepare a perforated baking sheet and a perforated silicon mat.
- Attach the strips to the ring (butter makes the work easier). The bottom of the strip should be in contact with the baking mat and a few mm should protrude from the ring.
- Seal the strips together with water and your finger.
- Once the strips are in place, slightly push the part that protrudes from the ring outward to facilitate the addition of the disk later on. At this stage, put it back in the refrigerator for a few minutes so that the pastry strips harden a bit.
- Moisten the bottom of the strip and the edge of the disk.
- Insert the disk into the ring so that the 2 moist parts come into contact. Center the disk and lower it as much as possible, forming the straightest angle possible.
- Press the disk against the strip and, using a wet finger, remove the excess as best as you can.
With a little practice, you won't see any difference.
- Place the tart base in the refrigerator, ideally overnight. The pastry should firm!



Ingredients

- ☑ 1 ~ Egg yolk
- ☑ 4 g ~ Whipping cream (35% fat)

The baking

- Preheat the oven to 170-180°C/338-356°F.
- Take the tart shell out of the refrigerator and neatly cut off the excess dough.
- Bake at 170-180°C/338-356°F on a fan setting for about 15 minutes.
The ideal time is when the tart is lightly browned and especially when the edges of the tart have started to come away from the sides of the ring.
- Wait a few minutes for the tart shell to cool and solidify.
- Remove the ring (this should be done easily).
- Smooth the edges using a sieve or a microplane.
- Brush the bottom and sides of the tart with a mixture of 1 egg yolk and 4 g of whipping cream. This will help make the tart shell more watertight and give it a nice color.
- Bake again at 170-180°C/338-356°F for 5 minutes.
The color should remain fairly light as another round of baking will be needed later on

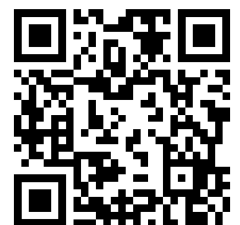


Ingredients

- ☑ 50 g ~ Softened butter
- ☑ 50 g ~ Superfine sugar
- ☑ 50 g ~ Almond powder
- ☑ 50 g ~ Whole egg (x1)
- ☑ 1 tablespoon of gold rum
- ☑ 10 g ~ Pink Lady Apple

The almond cream

- Mix using the paddle attachment of the mixer.
 - 50g of softened butter,
 - 50g of superfine sugar,
 - 50g of almond powder.
- When the mixture becomes homogeneous and creamy, add one beaten egg (50g) and mix gently with a rubber spatula.
- Add a cap of golden rum and mix again until obtaining a smooth mixture.
- Pour the cream into a piping bag if possible.
- Cut ¼ of an apple into small dice.
- Spread evenly 1 cm of cream over the entire bottom of the tart using the piping bag.
- Shake the tart to evenly spread the almond cream.
- Arrange small apple dice on top of the almond cream.
- Bake for 10 to 15 minutes at 170°C/338°F.
The cream should be set when taken out of the oven.



The apple compote

Ingredients

- ☑ 4-5 ~ Pink Lady apples
- ☑ 1 ~ Lemon juice

- Remove the cores from 4-5 Pink Lady apples using a corer. Do not discard the cores.
- Peel the apples and cut them into small pieces.
- Put the apples in a saucepan with the cores and add the juice of 1 lemon.
- Cook over low heat and covered.
- Frequently monitor the cooking and stir.
- Stop cooking when the apples form a compote with some melting pieces and transfer it to a bowl.
- Remove the cores (they will have served as a natural gelling agent) and make sure to have removed all the seeds.
- Cover with cling film and chill.



Ingredients

- ☑ 250 g ~ Water
- ☑ 200 g ~ Superfine sugar
- ☑ 1 ~ Lemon juice
- ☑ 3-4 ~ Pink Lady apples

(Decoration)

The syrup

- Boil 250 g of water with 200 g of superfine sugar in a saucepan.
- Add the juice of 3 lemons when the syrup reaches 103°C/217°F.
- Let the mixture simmer for a few moments.
- Transfer the juice to a bowl.
- Use the syrup when it is less than 60°C/140°F to avoid making the apples too soft.



The apple cutting process

- Core a Pink Lady apple using an apple corer.
- Cut the apple in half in the opposite direction of the core.
- Slice the apple into thin slices, no more than 1mm thick, using a mandolin and letting them fall directly into the warm syrup.
- Let the slices soak in the syrup for only a few seconds.
- Carefully remove the slices with a strainer and dab off any excess syrup with a paper towel.
- Layer the apple slices on top of each other and cut them in half as a block.
Remove the hollow part in the center if desired..



Assembly

- Spread the compote on the tart crust and create a dome leaving 1 cm of space from the edge of the tart. Avoid making too pronounced of a dome.
- Use a rotating plate to place the apples.
- Start from the outer edge of the tart and place the apple slices, covering half of each slice each time.
- Ensure that each slice is at the same height as the previous one.
- Cover the slice below leaving a 2 mm gap in height during the second round. I strongly advise you to watch the video to understand this entire section! (ref. Video: 8:25)
- Create a rosette with 4-5 apple slices for the central part (ref. Video: 9:40).
- Brush the tart with melted butter using a brush.
- Bake the tart for 10 minutes at 160°C/320°F in a fan oven..



Tips

❖ The choice of apples:

I chose to use Granny Smith apples for the compote to bring a fresh touch.

However, for the decoration, I use Pink Lady apples because they hold their shape well and their skin is not too thick.

The success of this dessert really depends on the quality of the apples!

❖ The arrangement of the apples:

Be sure to carefully select the size of your slices. The largest should be on the outside and the smallest on the inside.

❖ The syrup:

The syrup mainly serves to soften the slices, and the lemon prevents the apples from browning too quickly. If you're afraid of a too pronounced lemon taste (which is not normally the case), use only one lemon instead of three.

❖ The cutting:

This is the tricky part of this dessert! Use a serrated knife and take it slow.