



Upside-down tart with Pink Lady® apples, bacon and sage

Serves 6 - 8



Created by:
Heleen Meyer

Ingredients:

Filling:

- ♥ 45ml (3tbsp) olive oil
- ♥ 200 – 250g back bacon, excess fat removed and meat cut into broad strips
- ♥ 2 Leeks, halved lengthwise, rinsed well and cut into thick slices
- ♥ 3 Pink Lady® apples in the skin, cut into thin wedges
- ♥ A large handful (about 30-40 medium) of fresh, whole sage leaves
- ♥ Black pepper to taste
- ♥ 60 ml (¼ cup) finely grated pecorino cheese
- ♥ A handful of rocket leaves, to serve

Pastry:

- ♥ 375 ml (1 ½ cups) cake flour
- ♥ 75 ml (5 tbsp) cold butter, diced
- ♥ 60 ml (¼ cup) finely grated pecorino cheese
- ♥ 30 ml (2 tbsp) chopped fresh sage
- ♥ 125 ml (½ cup) smooth cottage cheese
- ♥ 1 egg, beaten

Tips:

When making pastry:

- Step 1:** incorporating butter into flour.
 - Cold butter is easier to mix in and gives fluffier results as the butter will not start to melt and soften too soon.
 - Cut the butter into cubes - these are much easier to handle, without the butter changing temperature.
 - A food processor when blending the butter and flour is easiest. However, your fingertips are ideal for this process. Rub together until it looks like coarse breadcrumbs – making pastry is known to be quite therapeutic!
 - Step 2:** time for the seasonings, in this case pecorino cheese and sage.
 - Step 3:** an egg and some form of liquid bind everything together.
- Pastry recipes vary a lot and the cottage cheese in this recipe makes handling the pastry that much more forgiving.

- Remember when handling pastry it doesn't mean that you can resolve to taking your frustrations out on it. It's a gentle process – don't overwork the pastry.

Best for pastry:

- Working in a cool environment when preparing pastry ensures a better bake.
- The more you handle the pastry, the tougher and denser it will become. Remember this when rolling the pastry out. Once baked, it should be light and fluffy.
- Resting the pastry before rolling it out ensures good results. You can even make the pastry a day before and rest it overnight.
- Bake pastry at a high temperature to allow the butter to melt quickly and form thin layers with the flour, for a fluffy end result.

When slicing Pink Lady® apple wedges:

- a sharp, smooth-bladed knife will prevent bruising.
- Pink Lady® apples are perfect for baking, as they retain their structure, giving this tart a delicious texture. The apple slices should not be too thin, but also not too thick, so that they soften and almost caramelize slightly in the oven.

Lunch box tip: When slicing Pink Lady® apple wedges for a lunch box, rinse the wedges in a little water, then pack in a small bag or airtight container to prevent browning.

The perfect flip: turning the tart over requires three important steps:
1. Use a serving plate that is at least 2-3 cm wider than the diameter of the tart. You should be able to place the plate securely over the tart dish.
2. The tart dish will still be hot, so wear oven gloves.
3. Place plate over dish and firmly hold onto either side of the plate and dish simultaneously – with your thumbs on top of the plate and the other fingers under the tart dish. In one big movement, flip the plate and dish towards yourself to turn it over – your thumbs should now be underneath. Place on a work surface or if you're nervous, ask someone to take hold of the plate. Remove tart dish – the pastry should loosen easily as there's enough butter in the pastry to prevent it from sticking.



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Method:

- 1. Pastry:** Place flour, butter, cheese and sage in a food processor and blend until it resembles coarse breadcrumbs. Add cottage cheese and egg and blend until it forms a soft ball of pastry. Alternatively, rub the butter into the flour with your fingertips and mix in the rest of the ingredients to form a soft pastry.
- 2.** Gently press pastry into a circle the size of a side plate and cover with plastic wrap. Refrigerate for 30 minutes or overnight.
- 3. Filling:** Meanwhile, heat a thin layer of the olive oil over medium temperature in a frying pan. Fry bacon for a few minutes or until cooked, but not too crispy. Spoon out and set aside.
- 4.** Add more oil to the pan, add the leeks and sauté for a few minutes until they just start to soften.
- 5.** Add the apple wedges with the rest of the oil and sauté for a few minutes – the apples should still be firm.
- 6.** Stir in the bacon and sage and season to taste with pepper – remember the bacon and cheese are quite salty, so more salt is unnecessary. Spoon out and allow filling to cool.
- 7.** Preheat the oven to 200 °C. Spoon filling into a 24-28 cm, shallow tart dish. Sprinkle with cheese. Remember, the tart gets turned upside down later, so the filling should go in first.
- 8.** On a lightly floured work surface, roll pastry out into a circle that is big enough to just reach over the edge of the tart dish. Place pastry over the filling and gently fold it in between the filling and the edge of the dish.
- 9.** Bake for 30 minutes or until the pastry is golden brown. Allow to stand for a few minutes. Lightly loosen the pastry around the edge of the dish, if necessary.
- 10.** Place a large serving plate over the tart dish and turn out in one quick move. The pastry will now be on the bottom, with the apple filling on top. See the tip box (the perfect flip) above.
- 11.** Garnish with rocket leaves and serve as a savoury teatime treat or light meal with a green salad.



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