



Pink Lady® Apple Tart

Serves: 8 - 10



Created by **heleen meyer**
food consultant

Ingredients:

Pastry

- ♥ 500ml (300g) stone ground cake flour
- ♥ 45ml (3 tbsp) caster sugar
- ♥ 7,5ml (½ Tbsp) finely grated lemon rind
- ♥ 180ml (180g) cold butter, cut into small cubes
- ♥ 2 large egg yolks
- ♥ 45ml (3 Tbsp) ice cold water

- ♥ 5ml (1 tsp) ground cinnamon
- ♥ 1,25ml (¼ tsp) ground cardamom
- ♥ 1,25ml (¼ tsp) ground allspice
- ♥ 2,5ml (½ tsp) ground mixed spice
- ♥ 0,6ml (⅛ tsp) ground cloves
- ♥ 100ml (65g) dried cranberries

Apple filling

- ♥ 500g (about 4) Pink Lady® Apples, with the skin on
- ♥ 30ml (2 Tbsp) lemon juice
- ♥ 5ml (1 tsp) finely grated lemon rind
- ♥ 30ml (2 Tbsp) butter
- ♥ 30ml (2 Tbsp) honey

Almond filling

- ♥ 60ml (¼ cup) soft butter
- ♥ 80ml (⅓ cup) caster sugar
- ♥ 175ml (60g) ground almonds
- ♥ 0,6ml (⅛ tsp) vanilla powder or 5ml (1 tsp) vanilla essence
- ♥ 1 large egg, beaten

Method:

Pastry

1. Place flour, sugar, lemon rind and butter in a mixing bowl. Rub butter into the dry ingredients with your fingertips to resemble coarse breadcrumbs. Make a well in the centre of the flour mixture and add the egg yolks and water. Mix by hand or with a wooden spoon until the mixture comes together and gently form it into a ball of pastry. This process can also be done in the two steps in a food processor.
2. Divide pastry into one-third and two-thirds. Shape the two pieces into balls and flatten with the palm of your hand. Wrap both pieces in cling film and refrigerate for about 1 hour. (Prepare the apple filling in the meantime.)
3. Place the bigger piece of pastry onto a lightly floured work surface or a large piece of baking paper. Roll out to a circle, big enough to line the base and sides of a 25cm tart dish.
4. Line the tart dish and cut off any excess pastry. Prick the pastry base with a fork and refrigerate for 10 minutes. Meanwhile, preheat the oven to 200°C.
5. Place a piece of baking paper on top of the pastry in the tart dish and fill with baking beans or dried beans. Blind bake for 10-15 minutes or until just cooked. Remove the baking paper and beans and bake for another 5 minutes or until cooked and lightly golden brown. Allow to cool. Reduce the oven temperature to 180 °C.
6. On a large piece of baking paper, roll out the remaining piece of pastry to about 26 cm in diameter. Using heart shaped cookie cutters, cut a few hearts out of the pastry, but keep the shapes as decorations. Place baking paper with pastry and hearts on a tray, cover and refrigerate until needed.

Apple Filling

7. Cut apples into quarters, core and then cut each quarter into 4-5 wedges. Mix the apples with the lemon juice and rind. Place butter and honey in a large saucepan and melt over a medium heat. Add the spices and mix through. Stir in the apple mixture to coat with the spice mixture.
8. Cover with a lid, reduce the heat and simmer for 5-7 minutes. Take care not to overcook the apples – they should be tender, but not mushy. Remove from the pan and allow to cool.

Almond Filling

9. Place all the ingredients in a mixing bowl and whisk until well combined and no butter lumps are visible. Spread onto the cooled pastry base.
10. Cover with a lid, reduce the heat and simmer for 5-7 minutes. Take care not to overcook the apples – they should be tender, but not mushy. Remove from the pan and allow to cool.
11. Lightly brush the edge of the tart base with a little water to help stick the uncooked pastry on top of it. Remove heart cut-outs from baking paper and set aside.
12. Flip over the chilled, rolled out pastry layer onto the tart filling with the baking paper. Peel off the baking paper. This helps to retain the shape of the rolled-out pastry. Carefully crimp down the edges of the pastry with a fork.
13. Arrange the heart cut-outs on top of the pastry and lightly stick it down with a little water, gently pressing it onto the pastry top.
14. Bake for 35-40 minutes or until the almond filling is cooked and the pastry is golden brown.
15. Enjoy the tart hot or at room temperature with vanilla ice cream, Greek yoghurt, custard or cream.

Pink Lady®

Make healthy living a part of your active lifestyle with Pink Lady® - naturally!

