

Miele

Apple 'tarte fine', caramel sauce, vanilla ice cream

By Shannon Bennett

30 minutes

Prep time

30 minutes

Cooking time

6 Servings

Serves



INGREDIENTS

Calvados caramel sauce

½ cup caster sugar

200ml double cream

2½ tablespoons calvados

Tarte

600g puff pastry (80g per serve)

12 Golden Delicious apples

90g caster sugar

90g butter

1½ tablespoons calvados

500ml vanilla ice cream

100ml caramel calvados sauce

METHOD

Calvados caramel sauce

1. Melt the sugar in a heavy based saucepan over medium heat, Induction setting 5, for 3-4 minutes on or until golden brown and sugar has dissolved.
2. Stir in cream and continue to cook for 4-5 minutes, stirring constantly until thickened.
3. Add calvados and bring to the boil, whisking well until the sauce is smooth.
4. Remove and store in an airtight container in the refrigerator.

Tarte

1. Pre-heat oven on Intensive Bake to 220°C.
2. Roll out pastry on a lightly floured work surface to 3mm thick.
3. Using a 16cm round cutter, cut out six discs and place on baking paper lined tray.
4. Prick each disc with the tines of a fork over the entire surface to prevent pastry from rising.
5. Crimp the edges with fingertips by pressing in the edge of the pastry 1.5cm to form a pleated pattern around the entire edge. Transfer to refrigerator to rest for 15 minutes.
6. Peel the apples, cut 4 cheeks from each apple and reserve the rectangular core.
7. Slice each apple cheek as thinly as possible, fan these slices upright on each puff pastry disc until only a small hole remains in the center.
8. Cut a 3cm piece of apple from the core, round off the corners with a small knife to fit the centre of the fanned apple. Fill hole with the disc of apple.
9. Sprinkle 15g of sugar over each tarte and dot with 15g of butter. Bake for 20 minutes on shelf position 1, or until the apple is coloured and pastry is golden.
10. Add a splash of calvados to each tarte. Return to the oven and bake for a further 5 minutes.
11. Cover tarte with baking paper and place a flat dinner plate on top. Stand for 5 minutes before removing the plate and paper.
12. Re-heat the tartes in the oven on shelf position 2 for 5 minutes or until crisp and hot.

To serve

1. Serve hot with vanilla ice cream and caramel calvados sauce.

Hints and Tips

- This recipe can be modified to make one large 27cm tarte by using 1 x sheet of Carême puff pastry rolled 2cm larger than the round baking tray. Using the rim of the baking tray, cut the pastry to size and then follow the remaining recipe instructions.