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Sticky apple treacle tart

A delightfully sticky dessert with stewed apples, a treacle filling, warming syrupy flavours and a crumbly, sweet pastry base.

Ingredients:

For the pastry

2 egg yolks

2 tbsp ice cold water

100g unsalted butter cubed

100g icing sugar

220g plain flour

For the stewed apple filling:

400g baking apples peeled and chopped

50g caster sugar

20g unsalted butter

2 tbsp water

For the treacle filling:

425 g golden syrup

425 double cream

2 eggs

110g breadcrumbs

75g ground almonds

For the topping:

1 baking apple

Equipment:

10 inch tart/flan tin with loose base

Makes a 10 inch tart, which serves 12 people

Method:

Pre heat the oven to 180 degrees C

For the pastry

Whisk together the 2 egg yolks and 2 tbsp of water then place to one side. In a bowl soften the butter using your fingers and then sieve in the icing sugar. Still using your fingers mix the icing sugar and butter to form a paste. Next sieve in the flour and rub all the ingredients together with the tips of your fingers to create a breadcrumb consistency.

Gradually add the egg yolks to the flour mix using a "claw" shaped hand to combine. The pastry should start to come together and eventually form into a ball of pastry. Wrap the pastry in cling film and place in the fridge for 20-30 minutes.

For the stewed apples

Whilst the pastry is chilling make up the stewed apple filling. In a large pan melt the butter then add the apple, sugar and water. Mix well and simmer on a medium heat for 5 minutes. After minutes check



if the apples have begun to soften. Continue to simmer until they are soft enough to mash, add more sugar and water if it starts to look too dry. Once mashed continue to cook to ensure any larger lumps have softened. The finished product shouldn't be too wet as this will cause the base of the tart to go soggy. Simmer for a little longer if necessary. Spoon the stewed apples into a dish and set to one side to cool.

Preparing the pastry case.

Before rolling out the chilled pastry, prepare the tart tin by rubbing a thin layer of butter over the inner surfaces and then dust with icing sugar.

Lightly flour your work surface and rolling pin then carefully roll out the pastry to around 3mm thick. As you are rolling move the pastry around by 90 degrees every few rolls and occasionally flip. This should ensure the pastry doesn't stick to the work surface and will create a more circular shape.

Once the pastry is rolled out, use the rolling pin to drape the pastry over the tin. Carefully push the pastry into the corners of the tin and into the sides of the fluted edges. Once you're happy trim using a knife and re-wrap the excess in cling and save in the fridge for any patching up that might be needed later on.

In order to ensure the pastry is cooked through the pastry case must be blind baked before the filling is added. This can be done with baking paper and baking beans or by placing cling film over the pastry and then filling with flour up to the rim and wrapping the overhanging cling film over the top of the flour. Place the pastry in the oven and bake for 10-15 minutes. Watch that the pastry doesn't start to go too dark. Check under the flour or beans to see if the pastry has dried out, then remove from the oven, keep in the tart tin and set to one side. If any holes have appeared or if bits of pastry have broken off. Simply patch up with the saved pastry cut offs from earlier and pop back in the oven for another couple of minutes.

For the treacle filling

In a small pan gently heat the heat the syrup to loosen up, then leave to one side for 5 minutes to cool slightly. While the syrup is cooling mix the cream and 2 eggs together in a bowl. Pour the syrup into the cream mixture and stir well. (NOTE: if the syrup is still too hot it will start to cook the eggs). In a separate bowl mix the breadcrumbs and ground almonds and then make a well. Pour the syrup mixture into the well and mix until smooth.

Putting together the tart

Spoon the cooled stewed apples into the middle of the pastry case and then spread evenly over the base. Next pour the treacle filling over the apples and fill to just below the rim of the pastry case. For the topping slice up another baking apple into segments and arrange carefully in the top of the treacle filling.

Place the tart in the middle of the oven and bake for 1 hour, checking at 40 and 50 minutes. The tart will be done when it appears to be just set, it may still have a slight wobble to it in the centre. Remove from the oven and allow to cool for 15 minutes before removing from the tin.

Serve with ice-cream, custard, or cream