



COOKING CLASSES
AT SUR LA TABLE

FRENCH APPLE TARTE TATIN

WITH SUR LA TABLE CHEF

Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet.

Produce

- 5-6 large Granny Smith, Roma, Gala, or Honey Crisp apples
- 1 lemon

Dairy

- 6 tablespoons unsalted butter
- 1 cup heavy whipping cream

Frozen

- 1, 14-ounce package of frozen puff pastry

Pantry Items

- 1 1/2 cups granulated sugar
- All-purpose flour

Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- Chef or paring knife

Hand Tools/Gadgets

- Vegetable peeler
- Citrus press (optional)
- Cutting board
- Measuring cups and spoons
- Apple corer (optional)
- Mixing bowls (various sizes)
- Wooden spoon
- Large spoon
- Rolling pin
- Whisk

Cookware

- 9-inch cast-iron or ovenproof nonstick skillet

Bakeware

- 10-inch cake pan, plate, or ruler, paper circle to use as a template
- Rimmed baking sheet

Tabletop

- Heatproof, round serving platter

Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

Caramelized Apple Tarte Tatin

1. Preheat the oven to 375°F.
2. Thaw the puff pastry according to package instructions.

CARAMELIZED APPLE TARTE TATIN

Yield: 8 servings

This classic caramel apple dessert is said to have originated at the Hôtel Tatin in central France. Legend has it that the dessert was created by accident when the filling for an apple pie was allowed to cook and turn caramel brown. Before unmolding the dessert, tilt the pan slightly and pour off any excess liquid, leaving a little in the pan to help keep the apples from sticking.

5 to 6 large Granny Smith, Roma, Gala, or Honeycrisp apples, peeled and quartered

Juice of 1 lemon

1 1/2 cups granulated sugar, divided

6 tablespoons unsalted butter, divided

About 14-ounces puff pastry, thawed according to package directions

1 cup heavy whipping cream, whipped, for garnish

All-purpose flour, for dusting

- 1. To prepare the apples:** Trim the cores to give each apple a flat inner surface. Place the apple quarters in a large mixing bowl and toss with lemon juice and 1/2 cup of sugar. Set aside for 30 minutes.
- 2. To prepare the caramel:** Preheat the oven to 375°F and place a rack in the center. Set a 9-inch cast-iron or ovenproof nonstick skillet over medium heat. Add 4 tablespoons of butter, stirring to melt. Add the remaining 1 cup of sugar and 4 tablespoons of the juices from the apples, stirring to combine. Cook the mixture over medium-low heat, stirring occasionally with a wooden spoon, until the mixture turns a pale caramel color.
3. Remove the skillet from the heat and carefully add the apple quarters, arranging them flat side up in concentric circles, packing them tightly and layering as needed. Cut the remaining 2 tablespoons of butter into 1/4-inch pieces and scatter them evenly over the apples.
- 4. To cook the apples:** Heat the skillet over medium-low heat and cook until the caramel turns a deep amber color, about 5-10 minutes. While apples cook, occasionally spoon the caramel over them and turn the skillet as needed so apples cook evenly. Remove skillet from heat and set aside.
- 5. To prepare the pastry:** Lightly flour a work surface and place the thawed puff pastry in the center. Using a rolling pin, roll the pastry to an even thickness of 1/4-inch. Using a 10-inch cake pan as a template, trace a 10-inch circle in the pastry using a sharp paring knife. Roll the pastry around the rolling pin and carefully unroll the pastry circle over the apples in the skillet, tucking the edges between the apples and sides of the skillet.
- 6. To serve:** Set the skillet on a rimmed baking sheet, place in preheated oven and bake until

pastry rises and turns golden brown, about 30 to 35 minutes. Remove the baking sheet from the oven and allow tarte to cool for 2 to 3 minutes. Place a heatproof round serving plate upside-down over the skillet; working quickly and carefully, invert the tarte onto the plate. Rearrange any apple slices that may have shifted or stuck to the skillet. To serve, cut the tarte into wedges and serve with a dollop of whipped cream on each serving. Serve immediately.

Recipe variations:

- Firm varieties of pears can be substituted for apples.