

Salted caramel apple tarte tartin



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Preparation 25 mins | Cooking 45 mins | Serves 4

21 x 375g block all butter puff pastry*

1½ cups caster sugar or golden sugar

75g chilled butter, chopped

½ tsp sea salt flakes

6 Granny smith apples, peeled, halved and quartered lengthways

Vanilla ice-cream, to serve

STEP 1 Preheat oven to 200°C/180°C fan-forced. Place pastry on a board and using a plate as a guide, cut a 26cm round from the pastry.

STEP 2 Place sugar into a 23cm (base measurement) ovenproof frying pan. Heat over low-medium heat, stirring constantly, until sugar has dissolved. Increase heat to medium and bring to the boil. Cook, without stirring, for 8-10 minutes until deep golden in colour. Remove pan from heat and carefully stir in butter and salt.

STEP 3 Carefully arrange apples round-side-down in the sugar mixture. Top apples with pastry and fold edges under to tuck in the apples. Using a sharp knife, cut a small cross into the centre of the pastry. Place the frying pan onto a baking tray lined with baking paper. Bake for 30-35 minutes or until golden. Stand in pan for 5 minutes. Loosen edges with a blunt knife then carefully turn out the tarte tartin onto a serving plate. Slice and serve with vanilla ice-cream.

**Note, alternatively, join 2 sheets of ready rolled puff pastry and cut out a 26cm round.*

Good for you... **APPLES**

Apples contain a source of dietary fibre and natural sorbitol. Both fibre and sorbitol help keep us regular. A good source of vitamin C, among its many functions, contributes to healthy gums. Low GI meaning the natural sugars are digested slowly, releasing energy gradually.

