

# **Happy Apple Tart**

*An modern recipe for an old-world treat*

***Delicious  
and easy to make!***

*On the Mayflower, 5 year-old Remember Allerton and her friends were probably longing for happy, sweet foods like this apple tart, that would remind them of the comforts of home.*



*Happy Apple Tart made in the Adventure Kitchen, October 2014.*

## **Ingredients**

5 Granny Smith apples

Juice of one lemon

¼ cup + 2 tablespoons white sugar

¼ cup brown sugar

1 teaspoon cinnamon

Pinch of salt

1 tablespoon flour, plus more for rolling out the dough

1 disk homemade pâte brisée, cold (*see recipe*)

– or –

1 store-bought uncooked pie crust, cold

1 tablespoon cold butter

## **Instructions**

**1.** Choose a large bowl that will be big enough to hold all the apples when you cut them into chunks. Squeeze the lemon juice into the bowl. Lemon juice is a mild acid! As you cut up your apples, you will drop the chunks into the lemon juice, and it will help keep them from turning brown while you work on the rest of the apples.

# Happy Apple Tart

## Instructions (continued)

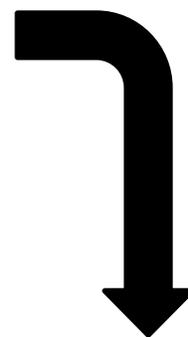
2. Cut the apples into half-inch chunks, like this:



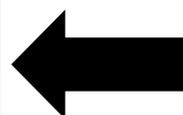
Cut each apple in half, through the core. Then cut each half in half, through the core again.



With your knife at an angle, cut the core away from each piece.



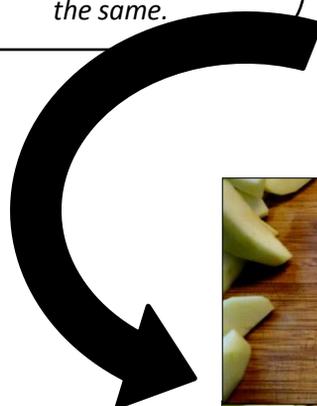
Cut each piece in half again.



Use a small knife or potato peeler to cut the skin away from each wedge.

**You can skip this step!**

The dish will be “fancier” if you remove the skin, but it’s actually healthier to leave the skins on, and the taste is about the same.



Cut each wedge into chunks.



Stir the chunks into your bowl of lemon juice as you work.

# Happy Apple Tart

## Instructions (continued)

- 3.** Add the  $\frac{1}{4}$  cup white sugar, the brown sugar, the cinnamon, the salt and the flour to the apples and stir everything well so that it's all evenly covered with everything. Set the apples aside.
- 4.** Roll out the dough into a large rectangle, about 18 inches wide by 12 inches tall. If you've never done this before, *here's how to do it:*

Choose a very clean tabletop or kitchen counter to work on. Use your impeccably clean fingers to sprinkle flour lightly all over the surface you will be working on. Lay the pastry in the middle of the flour-covered work surface.

Sprinkle flour evenly over the top of the pastry and use your fingertips to very lightly spread any flour clumps around so that the whole top is covered evenly with a light dusting of flour. Do not press down – your fingers should just glide over the top of the pastry. Use a pastry scraper or spatula to lift the pastry and flip it over gently. Sprinkle the flour evenly over the top and use your fingertips to spread it around.

Place your rolling pin in the center of the pastry. Roll upward from the center to the top, pressing down very lightly as you go. When you get to the edge, try not to roll off onto the counter (this is so that your pastry is an even thickness all the way around, instead of sloping downward at the edges). Stop the rolling pin just before it reaches the edge, then lift it up and gently place it back in the center of the pastry. Repeat over and over, rolling in all directions gently, trying not to roll off the edges.

If your pastry seems like it is sticking to your work surface, sprinkle more flour all over the top, then use your pastry scraper to gently scrape it up off the work surface and turn it over. Sprinkle more flour on the top and keep rolling. If your pastry gets very sticky, this means the butter inside of it is starting to melt and it will be very hard to work with it (and it won't bake as flaky). Take a break and put it back in the refrigerator to rest and chill for awhile. Then take it out and try again.

- 4 ½.** If the pastry is sticky, it needs a rest. Lay it on a floured cookie sheet and put it in the fridge to rest for 20-30 minutes.

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## Instructions (continued)

5. Cover a cookie sheet with a sheet of baking parchment paper (available in the baking section of your grocery store). Lay the pastry on the parchment.
6. Open your cold oven and make sure the rack is in the middle (move it there if it is not). Turn the oven on to 425° and let it preheat while you work.
7. Use a slotted spoon to transfer the apple chunks onto the middle of the pastry, **leaving the fluid behind in the bowl**. Spread the apple chunks around to make sure they are even (not piled up in a mountain), but not reaching all the way to the edges of the pastry. Leave a border of about 3 inches of pastry all the way around the rectangle with no apples. Cut the butter into small pieces and scatter them over the apples.



8. Use your hands to gently fold the pastry border up around the apples, so that the edges of the apples are covered with pastry, but most of the apples are still visible.
9. Sprinkle 1 tablespoon of sugar evenly over the apples. Use your fingers to sprinkle the other tablespoon of sugar evenly over the pastry edges.
10. Carefully put the pastry into the oven on the middle oven rack and bake for about 30 minutes. When it's done, the apples will be bubbling and the pastry will be golden brown and crisp. **Your Happy Apple Tart is ready!**

*Let your tart cool for about 10 minutes (on a rack if possible) before serving.*

**Have fun!**