

APPLE & BUTTERNUT TART TATINE

Ingredients

4 large tart cooking Apples, or 6 medium
½ Cup Butter, melted
1 Cup Sugar
1/3 Cup Brown Sugar
2 teaspoons Apple Pie Spice + 1 teaspoon more (or add 1 teaspoon Cinnamon, ½ teaspoon Nutmeg, ¼ teaspoon Clove, 1/8 teaspoon Mace)
1 Tablespoon Lemon Juice
pinch of Salt
1 medium Butternut
Simple Syrup (1 Cup Sugar + 1 Cup Water)
1 Sheet Puff Pastry
Egg wash (1 Egg beaten with 1 Tablespoon Water)

Directions

Core the Apples and be sure to remove all seeds. Use a Mandolin Slicer to make even 1/8 to ¼ inch slices. If you are not using a Mandolin, peel and cut the Apples in half, and then slice into thin wedges. Work quickly to avoid oxidizing the Apples, or if making more than one tart, place the slices in water acidulated with lemon juice. Place all apples and pieces into a large mixing bowl and add the Sugars, Spice, Salt, melted Butter and Lemon Juice. Toss thoroughly but delicately to combine.

Grease an oven-proof 10-inch skillet (Cast iron works well!) and start in the center of the pan laying the coated Apples in a spiral fashion. Slightly overlap the slices and use any broken pieces to fill in some of the center of the slices and larger gaps. Continue until you have used all the slices.

Over a low flame (about 3/10) begin to cook the tart for around 35 minutes, slowly caramelizing the tart. It will take some time for it to start cooking but resist the urge to turn up the heat! After about 20 minutes you will see the Apples begin to wilt and smell a wonderful aroma.

Peel the Butternut and then use the Mandolin to slice rounds no more than ¼ inch thick. Prepare Simple Syrup in a small saucepan and then add extra teaspoon of Spice. Gently cook the Squash until just tender, about 3 minutes. Remove from syrup and then allow to cool briefly before arranging on top of the Apples in the skillet.

Once the Apples have cooked down (about 35 minutes) and the Butternut is on top, pre-heat the oven to 410F. Place Puff Pastry on top of the skillet and fold any edges that overhang into the skillet around the edges. Brush with Egg wash liberally and place into the oven for about 15 minutes. Pastry will puff up and be golden brown when ready.

Let cool in the pan until you can flip it over and release it onto a chopping board (be very careful of hot caramel!) or place it in the refrigerator overnight. The next morning, gently run a bread knife or metal spatula around the edge and warm the pan over a low flame to release the caramel so that it can be flipped over onto a chopping board and portioned for breakfast!

Serve with Whipped Cream, Ice Cream, Custard or Yoghurt.