

Normandy Apple Tart

Dietary Special

Serves 6 to 8

Takes 20 minutes to prepare, with a cooking time 40 - 45 minutes, oven temperature 180oC/160oFan/Gas Mark 4

Ingredients Base

1 x 200g pack of Dietary Specials Frozen Shortcrust Pastry, defrosted.

Ingredients Frangipane

100g of butter at room temperature

100g of caster sugar

2 medium eggs beaten

100g of ground almonds

25g of cornflour

1 tbsp Amaretto or Brandy

Topping

2 red skinned eating apples

Caster sugar for sprinkling

50g apricot jam, gluten free + a little lemon juice if the jam is very dense

Method

1. To make the Base: Dust the work surface with gluten free white mix and knead the pastry for 1 - 2 minutes until pliable, roll out onto a circle to fit the base and edges of a 23cm loose bottomed flan dish, chill while you make the frangipane.
2. Beat the butter and the sugar together in a large mixing bowl, gradually add the eggs, beating well after each addition.
3. Add the Amaretto or Brandy, stir in the ground almonds and cornflour and pour the frangipane over the pastry base, spreading it out evenly.
4. Half the apples vertically and core, slice them down into thin slices and place over the frangipane, slightly overlapping each one. Press down lightly.
5. Place in the pre-heated oven and cook for 30 - 35 minutes, until the frangipane is set. Remove from the oven and sprinkle caster sugar over the apples, replace in to the oven and continue cooking for a further 10 minutes.
6. Cool in the tin, remove and place onto a baking sheet. Before serving, warm the apricot jam and brush over the apples to glaze, the tart is best served warm with cream or Greek yogurt.