

OPEN FACED APPLE TART WITH TOASTED WALNUT ICE CREAM

Serves 6

INGREDIENTS

APPLE PURÉE

2 vanilla beans
5 Macintosh apples
2 tablespoons sugar
2 tablespoons water

TART

½ cup brandy-soaked black currants
5 Golden Delicious apples
2 tablespoons sugar
2 tablespoons melted butter

12 ounces puff pastry (recipe follows)

TOasted WALNUT ICE CREAM

2 liters whole milk 3.25%
¼ teaspoon cardamom powder
½ cup sugar
¼ teaspoon salt
¾ cup toasted walnuts, coarsely chopped

FULL MENU

1ST COURSE:
Crab Kofta, Suhme Sauce
Grilled Cauliflower with Green
Mango and Butter Gravy

2ND COURSE:
Hot and Sour Soup of Prawns

3RD COURSE:
Chicken Breast, Steamed Leeks,
Green Vinaigrette

4TH COURSE:
**Open Faced Apple Tart, Toasted
Walnut Ice Cream**

INSTRUCTIONS

APPLE PURÉE

Peel and core the Macintosh apples and cut into small cubes. In a medium saucepan combine the apple cubes, water, sugar, and the split and scraped vanilla beans. Cook, partially covered until the apples are very soft and you have cooked off excess moisture. Remove from the heat. Purée in a blender and set aside.

ROLLING THE PUFF PASTRY

Roll out the puff pastry $\frac{1}{16}$ inch thick. Allow to chill for 30 minutes then cut six 5-inch circles.

ASSEMBLING THE TART

Peel and carefully core the Golden Delicious apples, cut into quarters. Using a mandolin, slice the apples horizontally into 1-½ mm thick slices. Spread a thin layer of the apple compote over the pastry, leaving a $\frac{1}{4}$ inch border, sprinkle with the soaked currants. Arrange these half-moon slices overlapping each slice by $\frac{1}{3}$ in a circle, working inwards to the middle, brush with melted butter.

BAKING THE TART

Preheat your convection oven to 375°F.

Sprinkle the tarts with a little sugar. Place the tarts into the oven and cook for 12 – 14 minutes approximately. The puff pastry should be golden and flaky. Serve immediately with a scoop of toasted walnut ice cream

PREPARING THE ICE CREAM

In a saucepan combine the milk, cardamom powder and bring to a boil. Reduce the heat, and simmer until the milk has reduced to 2-½ cups. This will take about 1 hour approximately. Remove from the heat and strain the milk through a fine strainer. Add the sugar, salt and stir to dissolve, cool the base until ready to freeze. Freeze in your ice cream machine. Add the nuts just before removing the ice cream from the machine.

QUICK PUFF PASTRY

INGREDIENTS

16-ounces all-purpose flour, chilled
½ teaspoon salt
2 cups heavy cream
One-pound chilled sweet butter, cut into ¼-inch cubes
Freeze your rolling pin ahead of time

INSTRUCTIONS

DOUGH

Place the flour and salt together in a bowl, add the butter cubes. Pour in the cream and stir with a fork to bring all the ingredients together. Empty the shaggy mass onto your work top and lightly bring the ingredients together to form a solid mass. Chill for 30 minutes.

ROLLING AND LAYERING

On a lightly floured surface, pat the dough into a 6-inch square.

Flour the work-top and begin rolling the pastry. Using firm but gentle motions, roll the dough from end to end making sure it is floured underneath and on top. You can always brush excess flour off once you have finished rolling. You are aiming to roll the pastry into a rectangle 30 inches long and 7 inches wide. After every few rolls it is a good habit to lift the dough up to ensure it is not stuck.

Take care not to apply too much pressure on the rolling pin or the butter will push out through the pastry. Brush the surface of the dough free of excess flour. Fold the pastry back on to itself in three layers, business-letter style, making a new rectangle measuring 7 inches wide and 10 inches long. This is the first fold.

Turn the rectangle through 90 degrees and roll it out away from you to make a rectangle 24-26 inches long and 8 inches wide. Brush the surface of flour and fold the pastry back on to itself in three layers. The rectangle has now had its second fold. Slide the pastry into a plastic bag and allow to rest for 1 hour, refrigerated.

Remove it from the refrigerator, and give it two further folds in precisely the same manner described above. When you start, instead of rolling gently push the dough with the rolling pin to get it to start stretching. Once the dough has begun to elongate, continue with rolling until you have the same rectangle 24-26 inches long and 8 inches wide. Brush the surface of flour and fold the pastry back on to itself in three layers. Repeat the same process. The dough has now had 4 turns. Slide the pastry into a plastic bag and allow to rest for 1 hour, refrigerated.

Repeat two more times, the dough has now had 6 turns and is ready for use after resting for 1 hour. You can freeze the dough at this point.