



# SPELT & MAPLE APPLE TARTE TATIN



RSF, VEG



1 hr 30 mins



4-6



## Ingredients

- 250g stone ground sifted spelt flour
- 3 tbs coconut sugar
- Pinch sea salt flakes
- 1 tsp cinnamon
- 125g good quality butter, cold
- 1 egg, lightly beaten
  
- 8 medium sized apples ('Granny Smith' or 'Pink Lady' apples. I used 'Pink Lady')
- 150ml pure maple syrup
- 1/3 cup raw honey
- 60g good quality butter
- 2 whole vanilla beans, split & seeded
- Pinch sea salt flakes



## Method

1. Preheat your oven to 180 degrees celcius.
2. Sift the spelt flour into a large mixing bowl and then add the coconut sugar, sea salt flakes and cinnamon.
3. Grate the cold butter into the flour mix.
4. Blend the butter into the flour mix with your fingers.
5. Add the egg and mix well.
6. Gently knead the dough until just smooth and form into a ball.
7. Cover the dough ball and place in the fridge to rest for about 30 minutes.
8. Once the dough has rested, remove from the fridge and roll into a large circle about 1/2 cm thick (I find it's easiest to roll the dough out onto a large piece of baking paper).
9. Place the rolled dough back into the fridge to rest while you prepare the apples.
10. Peel, core and chop the apples in half, then set aside.
11. Add the maple, honey, vanilla beans and butter into a heavy based oven proof frying pan.
12. Simmer the maple mixture until the butter has melted, and then for a further 5 minutes.
13. Place the apples into the maple mix and simmer for a further 10-15 minutes, then remove from the heat.
14. Remove the rolled dough from the fridge and place over the warm apple mix, pressing the edges of the dough down and around the apples.
15. Place the pan into the preheated oven for 30 minutes.
16. Remove from the oven and let sit for 5 minutes.
17. Turn out the tart onto a serving plate (be careful as the syrup will be very hot).
18. Serve with crè<sup>m</sup>e fraiche, ice cream or natural yoghurt. Enjoy!

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