

# Caramelized Apple Tart

Serves 6



## Ingredients:

1 cup/238 g	sugar
1 Tbsp	lemon juice
1 lb/454 g	Granny Smith apples, peeled, cored and diced into 1/4 inch slices
1 teaspoon	cinnamon
1 teaspoon	nutmeg
½ cup/119 mL	unsalted butter, melted
4 sheets	phyllo pastry

## METHOD:

- Make a slurry of the sugar with a small amount of water, add a few drops of lemon juice, and heat to a light caramel, there will be a visible color change.
- Add apples, cinnamon, and nutmeg. Simmer until apples are cooked. Strain out apples and reserve.
- Return caramel to a boil, and reduce to a thick syrup. Let cool.
- Mix with apples. There will be approx. 3 cups of filling. Because the caramel will draw any remaining juice from the apples and thin the caramel out, let it rest for another 1/2 hour, then strain off the runny caramel and reserve it for sauce.
- To assemble, pie brush one phyllo sheet with melted butter, lay another sheet on top, brush with butter again, and add another sheet. Repeat once more so there are 4 sheets together. Cut sheet into 6 x 6 inch / 15 cm squares.
- Place the sheet in a muffin cup, lightly pressing the sides down the cup. In the center of the muffin coup, scoop ½ cup / 119 mL of pie filling, brush inside edges of sheet with butter, and bring the edges up around the filling to form a purse. Seal the purse at the top by lightly pressing the edges together.
- Bake at 375° F/ 190° C until golden brown.
- Remove tart from muffin cup, place on plate, add a little reserved caramel sauce and accompany with old cheddar (we use 6-year-old Britannia from Quebec) or ice cream.

Summer 2014