



# Caramelised Apple Tarte Tatin

with Creme Fraiche and Speculoos Crumbs

Dessert 65-70 Minutes • Veggie

18A

Find all your unchilled Market items in bag A.



Puff Pastry Sheet



Caster Sugar



Miso Paste



Apple



Creme Fraiche



Speculoos Biscuit Crumb

Pantry Items  
Butter

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

## Cooking tools

Bowl, saucepan, baking paper, baking tray and whisk.

## Ingredients

Ingredients	Quantity
Puff Pastry Sheet** <b>13)</b>	¾ pack
Caster Sugar	75g
Miso Paste <b>11)</b>	15g
Apple**	4
Crème Fraîche** <b>7)</b>	150g
Speculoos Biscuit Crumb <b>11) 13)</b>	125g

Pantry	Quantity
Butter*	30g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per 100g
<b>for uncooked ingredient</b>	<b>100g</b>
Energy (kJ/kcal)	1143 /273
Fat (g)	15.8
Sat. Fat (g)	8.7
Carbohydrate (g)	30.7
Sugars (g)	17.8
Protein (g)	2.6
Salt (g)	0.48

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**7) Milk 11) Soya 13) Cereals** containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

## Contact

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1



2



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## Prep Time

**a)** Remove **three quarters** of the **puff pastry** from your fridge and allow to come up to room temperature. Preheat your oven to 220°C/200°C fan/gas mark 7. **TIP:** *Keep the remaining pastry for another recipe if you'd like to.*

**b)** In a medium bowl, reserve **4 tsp** of the **caster sugar** and set aside for later.

**c)** In a medium saucepan, combine the **miso**, remaining **sugar** and the **butter** (see pantry for amount). Stir on medium heat until the **butter** has melted and the **sugar** has started to dissolve, 2-3 mins. Set aside to cool.

**d)** Peel, quarter, core and thinly slice the **apples**. **TIP:** *The thinner you slice your apples, the more apple coverage your tart tatin will have.*

## Build It Upside Down!

**a)** Unroll the **pastry** (keeping it on its baking paper).

**b)** Pour your **miso caramel mixture** onto a lined baking tray, then, using the back of a spoon, evenly spread the **miso caramel** into a square shape, slightly smaller than the size of your **pastry**.

**c)** Evenly lay the **apple slices** onto the **miso caramel**, then carefully place the **puff pastry** sheet over the top, pressing down the edges to secure the fillings.

**d)** Evenly sprinkle over **half** the **reserved sugar** and pop into the oven on the top shelf until puffed and golden, 15-17 mins.

## The Finishing Touches

**a)** When baked, remove the **tarte tatin** from the oven. Allow to cool until the bottom of the baking tray is cool to the touch, 25-30 mins.

**b)** Meanwhile, pop the **crème fraîche** into the bowl of **reserved sugar** and whisk until slightly thickened, 1-2 mins.

**c)** Use a knife to detach any **pastry** that has stuck to the sides of the baking tray, then place a large chopping board on top of the **pastry**. Use the chopping board to flip the **tarte** upside down and remove the baking tray and paper to reveal the **apples**.

**d)** Portion into 6 slices and serve with dollop of **sweet crème fraîche** and a sprinkle of **speculoos crumb**.

Enjoy!