



Cook the Book: Apple Galette

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



430 kcal

SIDE DISH

Ingredients

- ☐ 1 eggs slightly beaten
- ☐ 5 apples i use 2 granny smith apples cored peeled
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 sheet puff pastry frozen cut into a 9-inch circle, kept in the freezer
- ☐ 3 tablespoons butter unsalted
- ☐ 0.5 vanilla pod split
- ☐ 6 servings water as needed

Equipment

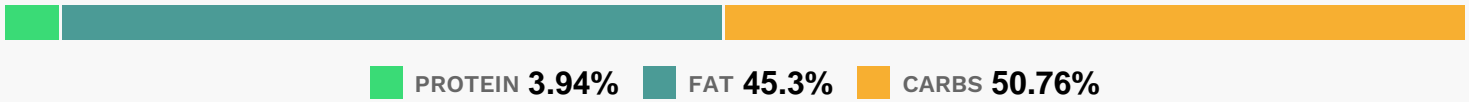
- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ cake form
- ☐ aluminum foil
- ☐ rolling pin

Directions

- ☐ Place a silicon baking mat (such as a Silpat) or a large sheet of parchment paper on a flat work surface, and have ready another mat or sheet of parchment paper.
- ☐ Place the sugar in a heavy saucepan and add enough water to cover the sugar. Cook the sugar, without stirring, until it turns into a dark caramel, about 10 minutes.
- ☐ Remove the pan from the heat and stir in 2 tablespoons of the butter and cinnamon. Scrape the seeds from the vanilla bean into the caramel and stir to blend.
- ☐ Pour the caramel mixture onto the center of the mat or parchment paper on the work surface, then place the second mat or sheet of parchment paper on top. Using a rolling pin, flatten the caramel carefully and allow it to cool and set. Break the caramel mixture into small pieces, then place them in a food processor and grind them into a fine powder.
- ☐ Preheat the oven to 325°F. Lightly coat an 8-inch round cake pan with the remaining 1 tablespoon of butter and sprinkle in a little of the cinnamon-caramel powder. Slice the apples crosswise, as thinly as possible. Arrange half of the apple slices over the cinnamon-caramel powder in the pan, forming one layer and overlapping slightly. Cover the apples with a few spoonfuls of the cinnamon-caramel powder and repeat with the remaining apple slices and caramel powder.
- ☐ Cover the pan with aluminum foil and bake for 1 hour, or until the apples are cooked through, tender, and just slightly caramelized.

- ☐
- Remove the foil and bake an additional 20 minutes, allowing the excess moisture to evaporate.
- ☐
- Transfer the pan to a rack and allow the apples to cool. Meanwhile, increase the oven temperature to 400°F.
- ☐
- Place the cold puff pastry round, centered, on top of the pan over the cooled apples. Cover with a large sheet of parchment paper and top with a baking sheet, then invert the apple cake onto the parchment-lined baking sheet. If necessary, recenter the inverted cake pan on top of the puff pastry dough, leaving a 1-inch border of dough around the pan.
- ☐
- Remove the cake pan, revealing the layers of baked apples. Lightly brush the exposed dough with the beaten egg and bake for 20 to 25 minutes, or until the dough is golden brown and has puffed evenly around the apple filling. Cool slightly, then slice into wedges and serve.

Nutrition Facts



Properties

Glycemic Index:27.18, Glycemic Load:27.14, Inflammation Score:-4, Nutrition Score:7.2565217691919%

Flavonoids

Cyanidin: 2.38mg, Cyanidin: 2.38mg, Cyanidin: 2.38mg, Cyanidin: 2.38mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 11.42mg, Epicatechin: 11.42mg, Epicatechin: 11.42mg, Epicatechin: 11.42mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg

Nutrients (% of daily need)

Calories: 430.09kcal (21.5%), Fat: 22.31g (34.32%), Saturated Fat: 7.81g (48.79%), Carbohydrates: 56.24g (18.75%), Net Carbohydrates: 51.9g (18.87%), Sugar: 32.74g (36.38%), Cholesterol: 42.33mg (14.11%), Sodium: 126.39mg (5.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.37g (8.73%), Selenium: 12.31µg (17.58%), Fiber: 4.34g (17.36%), Manganese: 0.28mg (14.22%), Vitamin B1: 0.19mg (12.77%), Vitamin B2: 0.19mg (11.42%), Folate: 40.07µg (10.02%), Vitamin K: 10.47µg (9.98%), Vitamin B3: 1.85mg (9.25%), Vitamin C: 6.98mg (8.46%), Iron: 1.38mg (7.66%), Copper: 0.13mg (6.67%), Vitamin A: 297.33IU (5.95%), Phosphorus: 57.49mg (5.75%), Potassium: 200.04mg (5.72%), Vitamin E: 0.74mg (4.91%), Magnesium: 17.6mg (4.4%), Vitamin B6: 0.08mg (4.18%), Calcium: 27.9mg (2.79%), Zinc: 0.41mg (2.71%), Vitamin B5: 0.21mg (2.13%), Vitamin D: 0.25µg (1.68%), Vitamin B12: 0.08µg (1.29%)