



Irish apple tart

 Vegetarian

READY IN



90 min.

SERVINGS



8

CALORIES



1053 kcal

DESSERT

Ingredients

- ☐ 200 g golden raisins
- ☐ 100 ml irish whiskey for apples
- ☐ 250 g little demerara sugar
- ☐ 1.5 kg apples cored peeled
- ☐ 1 small knob butter
- ☐ 1 cinnamon sticks crushed
- ☐ 284 ml whipping cream
- ☐ 1 milk with 1 tablespoon milk beaten

- ☐ 500 g flour plain
- ☐ 250 g butter
- ☐ 100 g sugar
- ☐ 2 eggs
- ☐ 140 g muscovado sugar
- ☐ 10 g sea salt
- ☐ 3 lemon zest

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ sieve
- ☐ blender

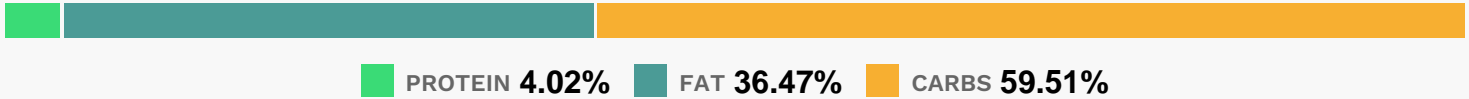
Directions

- ☐ To make the savoury sugar, heat oven to 140C/fan 160C/gas
- ☐ Scatter the muscovado sugar, Maldon sea salt and lemon zest over a baking sheet, then leave in the oven for 15 mins to dry out. Leave to cool, then blitz in a blender. Pass through a large-holed sieve to remove any big lumps, then set aside.
- ☐ For the pastry, pulse the flour and butter together in a food processor until you have the texture of breadcrumbs.
- ☐ Add the sugar and eggs and pulse until everything comes together. Wrap the pastry with cling film and chill.
- ☐ Tip the raisins into a pan with the whisky, and add 1 tsp of the sugar. Bring to a simmer, then leave to one side.
- ☐ Cut the apples into large wedges and melt the butter in a heavy-based pan. Toss the apples in the butter, then add half the demerara sugar, the cinnamon stick and a healthy splash of

whiskey. Cook the apples for 3–4 mins until coloured, then place in a sieve to drain away excess juices.

- ☐ Turn oven up to 160C/fan 140C/gas
- ☐ Grease and flour a 28cm baking ring.
- ☐ Roll two-thirds of the pastry to the thickness of a 1 coin and line the ring. Chill for at least 20 mins. Prick pastry with a fork, then bake blind in the oven for around 10 mins.
- ☐ Brush with beaten egg, then return to the oven for 5 mins. Repeat this process again, cooking for another 5 mins this will keep the pastry crisp. Leave to cool, then add the apple and raisin mixtures reserving any whiskey that has not been absorbed by the raisins.
- ☐ Roll a lid for the tart with the remaining pastry and place on top of the tart, egg washing to secure edges. Prick the top to release steam, egg wash the top of the pastry and sprinkle with the remaining demerara sugar. Turn oven to 180C/fan 160C/gas 4 and cook for 20 mins, until the top is golden.
- ☐ Put the apple tart on a large board. Lightly whip the cream and add the raisin whiskey to taste.
- ☐ Serve the spiced sugar in a bowl on the side to sprinkle over.

Nutrition Facts



Properties

Glycemic Index:48.97, Glycemic Load:60.79, Inflammation Score:-8, Nutrition Score:17.854782622793%

Flavonoids

Cyanidin: 2.94mg, Cyanidin: 2.94mg, Cyanidin: 2.94mg, Cyanidin: 2.94mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.44mg, Catechin: 2.44mg, Catechin: 2.44mg, Catechin: 2.44mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 14.12mg, Epicatechin: 14.12mg, Epicatechin: 14.12mg, Epicatechin: 14.12mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 1053.23kcal (52.66%), Fat: 42.51g (65.4%), Saturated Fat: 26.16g (163.51%), Carbohydrates: 156.1g (52.03%), Net Carbohydrates: 148.44g (53.98%), Sugar: 96.14g (106.82%), Cholesterol: 154.12mg (51.37%), Sodium: 739.87mg (32.17%), Alcohol: 4.49g (100%), Alcohol %: 1.31% (100%), Protein: 10.56g (21.11%), Selenium: 26.47µg (37.81%), Vitamin B1: 0.54mg (36.02%), Manganese: 0.68mg (33.85%), Folate: 128.86µg (32.21%), Vitamin B2: 0.54mg (31.7%), Vitamin A: 1534.77IU (30.7%), Fiber: 7.66g (30.63%), Iron: 4.11mg (22.86%), Vitamin B3: 4.23mg (21.16%), Phosphorus: 169.56mg (16.96%), Potassium: 549.72mg (15.71%), Vitamin C: 12.56mg (15.22%), Copper: 0.26mg (13.04%), Vitamin B6: 0.23mg (11.46%), Vitamin E: 1.65mg (11.01%), Calcium: 97.99mg (9.8%), Magnesium: 39.2mg (9.8%), Vitamin K: 8.87µg (8.45%), Vitamin B5: 0.75mg (7.52%), Zinc: 0.88mg (5.9%), Vitamin D: 0.79µg (5.29%), Vitamin B12: 0.21µg (3.56%)