

DESSERT

Rustic Autumn Fruit Tart

13 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
105 min	15 min	30 min	6	\$1.05	472 kcal



Rustic Autumn Fruit Tart might be a good recipe to expand your dessert recipe box. Watching your figure? This lacto ovo vegetarian recipe has 518 calories, 5g of protein, and 22g of fat per serving. This recipe serves 6. For \$1.04 per serving, this recipe covers 8% of your daily requirements of vita...

Ingredients

- ☐ 2 apples - peeled, cored, and thinly sliced
- ☐ 1/3 cup brown sugar
- ☐ 1½ tablespoons cornstarch
- ☐ 1½ cups all-purpose flour
- ☐ ½ teaspoon ground cinnamon
- ☐ ¼ cup orange juice
- ☐ ½ cup apricot jam, warmed
- ☐ ½ cup butter, chilled
- ☐ ½ cup cream cheese
- ☐ ¼ teaspoon ground cardamom
- ☐ ¼ teaspoon ground nutmeg
- ☐ 1 pear - peeled, cored and sliced

EQUIPMENT Food processor, Baking sheet, Oven, Knife, Whisk, Blender, Tart form

Method

- 1 Cut the cold butter and cream cheese into the flour with a knife or pastry blender until the mixture resembles coarse crumbs. (This can also be done in a food processor: pulse the cold butter into the flour until the mixture resembles cornmeal; add the cream cheese and pulse until it's the size of small peas.) When you squeeze a handful of the mixture, it should form a ball. Shape the dough into a round disk, wrap it in plastic, and refrigerate for at least 1 hour.
- 2 Toss the sliced apples and pear with the orange juice.
- 3 Whisk together the brown sugar, cinnamon, nutmeg, cardamom, and cornstarch. Toss the fruit with the sugar-spice mixture and set aside.
- 4 Preheat an oven to 375 degrees F (190 degrees C). Set out an 8-inch tart pan, or, if you'll be making a free-form tart (galette), lightly grease a baking sheet.
- 5 Roll the pastry out on a lightly floured work surface to form a 10-inch circle.
- 6 Transfer the dough to the tart pan or baking sheet. Arrange the fruit decoratively in the tart pastry. If you're baking the tart on a baking sheet, leave a 2-inch rim of dough and fold it up over the edge of the fruit (the pastry folds will overlap).
- 7 Bake the tart in the preheated oven until the crust is browned and the filling is bubbly, about 30 minutes.
- 8 Remove the tart from the oven and brush it with the apricot jam.

Nutrition per serving

472	5 g	22 g	66 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			13.6 g · 85% of daily needs
Fibre			3.5 g · 14% of daily needs
Sugar			31.3 g · 35% of daily needs
Sodium			194 mg · 8% of daily needs
Cholesterol			59.8 mg · 20% of daily needs
Vitamin C			11 mg · 13% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/rustic-autumn-fruit-tart-142302