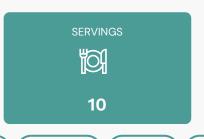
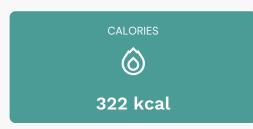


Spiked Apple Galette

Vegetarian







ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

0.3 cup calvados	
2 large egg yolk lightly beaten	
2.5 cups flour all-purpose plus more for rolling out the do	ugh
3 pounds gala apple cored peeled cut into large dice	
1 cup granulated sugar	
O.5 teaspoon ground cinnamon	
4 tablespoons water	

2 teaspoons juice of lemon freshly squeezed

	1.5 teaspoons lemon zest finely grated	
	O.1 teaspoon salt fine	
	1 tablespoon sugar	
	3 tablespoons butter unsalted cut into 1/2-inch pieces	
Eq	uipment	
	bowl	
	frying pan	
	baking sheet	
	oven	
	knife	
	blender	
	rolling pin	
	slotted spoon	
Directions		
Di	rections	
Di:	rections Combine the flour, sugar, salt, and butter in a medium bowl. Using a pastry blender or your fingers, mix the butter into the dry ingredients until it is in pea-size pieces, about 5 minutes.	
Di	Combine the flour, sugar, salt, and butter in a medium bowl. Using a pastry blender or your	
Di	Combine the flour, sugar, salt, and butter in a medium bowl. Using a pastry blender or your fingers, mix the butter into the dry ingredients until it is in pea-size pieces, about 5 minutes.	
Dii	Combine the flour, sugar, salt, and butter in a medium bowl. Using a pastry blender or your fingers, mix the butter into the dry ingredients until it is in pea-size pieces, about 5 minutes. Add the egg yolks and 4 tablespoons ice water and mix just until the dough comes together. (Combine all of the ingredients in a large frying pan over medium heat. Cook, stirring, until the sugar has dissolved and the apples have begun to release their juices, about 4 minutes. Simmer until the apples are tender on the outside but still firm when a knife is inserted into	
Dii	Combine the flour, sugar, salt, and butter in a medium bowl. Using a pastry blender or your fingers, mix the butter into the dry ingredients until it is in pea-size pieces, about 5 minutes. Add the egg yolks and 4 tablespoons ice water and mix just until the dough comes together. (Combine all of the ingredients in a large frying pan over medium heat. Cook, stirring, until the sugar has dissolved and the apples have begun to release their juices, about 4 minutes. Simmer until the apples are tender on the outside but still firm when a knife is inserted into the middle, about 15 to 20 minutes more. Remove the pan from the heat. Using a slotted spoon, transfer the apples to a shallow dish to cool for at least 10 minutes. Set the pan with the reserved juices aside for later use. To assemble: Once the dough has chilled, place it on a lightly floured surface and, using a floured	

	Spread the cooled apples in the center of the pastry, leaving a 2-inch border. Fold the edges	
	of the dough over the filling, covering about 1 inch of the apples and pleating the dough every	
	2 inches as you go.Dot the apples with the butter, then brush the pastry edge lightly with	
	water and sprinkle with the coarse sanding sugar.	
	Bake the galette until the pastry is golden and the apples are tender, about 40 to 45	
	minutes.While the galette is baking, return the frying pan with the apple juices to medium	
	heat and reduce to 1/4 cup, about 20 minutes.	
	Remove from heat, stir in the Calvados, and set aside.	
	Transfer the baked galette to a rack and pour the Calvados mixture over the apples.	
	Serve warm with Vanilla Bean Ice Cream.Beverage pairing: Badia di Morrona Vin Santo, Italy.	
	Made from partially dried grapes, Vin Santo typically has wonderful toasted nut, apricot, and	
	pear flavors with a little vanilla spice. These will complement the apples and cinnamon	
	without stepping on them, while good acidity will lift the dessert.	
Nutrition Facts		

PROTEIN 5.26% FAT 13.95% CARBS 80.79%

Properties

Glycemic Index:26.72, Glycemic Load:37.02, Inflammation Score:-4, Nutrition Score:7.3860870081445%

Flavonoids

Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Catechin: 1.77mg, Catechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epicatechin: 10.25mg, Epicatechin: 0.01mg, Epicatechin: 0.26mg, Epigallocatechin: 0.26mg, Pigallocatechin: 0.26mg, Pigallocatec

Nutrients (% of daily need)

Calories: 321.66kcal (16.08%), Fat: 4.92g (7.57%), Saturated Fat: 2.57g (16.06%), Carbohydrates: 64.06g (21.35%), Net Carbohydrates: 59.87g (21.77%), Sugar: 35.46g (39.39%), Cholesterol: 45.75mg (15.25%), Sodium: 33.76mg (1.47%), Alcohol: 2g (100%), Alcohol %: 1.21% (100%), Protein: 4.17g (8.34%), Vitamin B1: 0.28mg (18.36%), Selenium:

12.67μg (18.1%), Fiber: 4.2g (16.79%), Folate: 66.6μg (16.65%), Manganese: 0.28mg (14.12%), Vitamin B2: 0.21mg (12.58%), Vitamin B3: 1.98mg (9.88%), Iron: 1.73mg (9.62%), Vitamin C: 7.04mg (8.53%), Phosphorus: 63.41mg (6.34%), Potassium: 186.25mg (5.32%), Vitamin A: 227.97IU (4.56%), Copper: 0.09mg (4.48%), Vitamin B6: 0.08mg (4.14%), Magnesium: 14.16mg (3.54%), Vitamin B5: 0.33mg (3.29%), Vitamin K: 3.44μg (3.27%), Vitamin E: 0.45mg (3.02%), Zinc: 0.36mg (2.42%), Calcium: 20.12mg (2.01%), Vitamin D: 0.25μg (1.64%), Vitamin B12: 0.07μg (1.22%)