



## Spiked Apple Galette

 Vegetarian

READY IN



210 min.

SERVINGS



10

CALORIES



322 kcal

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 dough
- 3 pounds gala apple cored peeled cut into large dice
- 1 cup granulated sugar
- 0.5 teaspoon ground cinnamon
- 4 tablespoons water
- 2 teaspoons juice of lemon freshly squeezed

- 1.5 teaspoons lemon zest finely grated
- 0.1 teaspoon salt fine
- 1 tablespoon sugar
- 3 tablespoons butter unsalted cut into 1/2-inch pieces

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- blender
- rolling pin
- slotted spoon

## Directions

- 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 rolling pin, roll it into a 16-inch circle (about 1/4 inch thick).
- Transfer to a parchment-lined baking sheet. Loosely fold in the edges of the pastry as needed to fit on the baking sheet, transfer to the refrigerator, and chill at least 30 minutes. Meanwhile, heat the oven to 425°F and arrange a rack in the middle.
- Remove the dough from the refrigerator and unfold any edges.

- 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 Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 10.25mg, Epicatechin: 10.25mg, Epicatechin: 10.25mg, Epicatechin: 10.25mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg

### 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%)