



Upside Down Apple Tarts

READY IN



300 min.

SERVINGS



8

CALORIES



649 kcal

DESSERT

Ingredients

- 3 tablespoons plus light
- 1 tablespoon cornstarch
- 1 large egg yolk
- 1.5 tablespoons flour all-purpose
- 1 pound all-butter puff pastry frozen thawed
- 2 pounds golden delicious apples (4)
- 0.3 cup sugar divided
- 3 tablespoons butter unsalted melted
- 0.5 vanilla pod split

- 8 servings accompaniment: vanilla ice cream
- 2 teaspoons water
- 1 large eggs whole
- 1.3 cups milk whole

Equipment

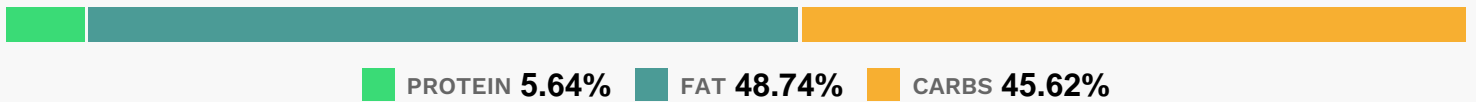
- bowl
- baking sheet
- sauce pan
- baking paper
- oven
- knife
- whisk
- plastic wrap
- cookie cutter
- wax paper
- spatula
- rolling pin
- pastry bag

Directions

- Scrape seeds from vanilla bean with tip of a paring knife into a small heavy saucepan.
- Add pod, milk, and 3 Tbsp sugar and bring just to a boil, whisking to dissolve sugar.
- Meanwhile, whisk together flour, cornstarch, remaining sugar, and a pinch of salt in a bowl.
- Whisk together whole egg and yolk in another bowl, then whisk in flour mixture until smooth.
- Add one third of hot milk mixture to yolk mixture (to temper) in a slow stream, whisking, then add to milk mixture remaining in saucepan, whisking. Bring custard to a boil over medium heat, whisking, then boil, whisking, 2 minutes.
- Remove from heat and stir in butter until melted.

- Transfer pastry cream to a bowl and chill, its surface covered with wax paper, until no longer hot, at least 30 minutes.
- Preheat oven to 400°F with racks in upper and lower thirds. Line 2 large baking sheets with parchment paper.
- Peel and core apples, then cut into 1/8-inch-thick wedges.
- Roll out pastry on a lightly floured surface with a lightly floured rolling pin 1/8 inch thick and cut out 8 (6-inch) rounds using inverted bowl or plate as a guide. Punch out center of each round with cookie cutter and transfer to baking sheets.
- Discard vanilla pod and transfer pastry cream to pastry bag. Snip a 1/3-inch opening and pipe pastry cream onto pastry in a ring around center (there will be some cream left over). Arrange overlapping apple slices on pastry, covering the cream, then brush with melted butter.
- Bake tarts, switching position of sheets halfway through, until edges of apples are pale golden, about 15 minutes.
- Meanwhile, stir together corn syrup and water until smooth.
- Remove baking sheets from oven and flip each tart over with a large spatula. Generously brush pastry with some of corn syrup mixture.
- Continue to bake, switching position of sheets halfway through, until pastry is shiny and golden, about 15 minutes more. Cool 10 minutes.
- Serve tarts, pastry side up, warm or at room temperature.
- Pastry cream can be chilled up to 3 days. Stir before using. •Pastry can be rolled out and cut 1 week ahead and frozen, tightly wrapped in plastic wrap. Do not thaw. •Tarts can be baked 4 hours ahead. Reheat in a 350°F oven 5 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:43.89, Glycemic Load:35.67, Inflammation Score:-5, Nutrition Score:12.096956460372%

Flavonoids

Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg

Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg
Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg
Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg

Nutrients (% of daily need)

Calories: 649.39kcal (32.47%), Fat: 35.8g (55.07%), Saturated Fat: 13.79g (86.17%), Carbohydrates: 75.4g (25.13%),
Net Carbohydrates: 71.32g (25.93%), Sugar: 42.73g (47.48%), Cholesterol: 91.1mg (30.37%), Sodium: 225.45mg
(9.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.31g (18.62%), Selenium: 19.41µg (27.72%), Vitamin B2:
0.45mg (26.53%), Vitamin B1: 0.32mg (21.05%), Phosphorus: 177.87mg (17.79%), Manganese: 0.34mg (16.84%),
Fiber: 4.08g (16.32%), Calcium: 152.77mg (15.28%), Folate: 59.7µg (14.92%), Vitamin B3: 2.67mg (13.37%), Vitamin A:
597.01IU (11.94%), Vitamin K: 12.34µg (11.75%), Iron: 1.89mg (10.5%), Potassium: 358.43mg (10.24%), Vitamin B12:
0.57µg (9.49%), Vitamin B5: 0.77mg (7.66%), Zinc: 1.14mg (7.6%), Magnesium: 29.95mg (7.49%), Vitamin C: 5.61mg
(6.8%), Vitamin B6: 0.13mg (6.61%), Vitamin E: 0.97mg (6.47%), Copper: 0.12mg (6.06%), Vitamin D: 0.87µg (5.8%)