



CARAMEL APPLE
TARTLETS

Recipe

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Ingredients



CRUST:

- 100G OAT FLOUR (1 CUP)
- 130G PUMPKIN MEAL (1 CUP)
- PINCH SALT
- 55G COCONUT SUGAR (6 TBSP)
- 45ML COCONUT OIL MELTED (3 TBSP)

FILLING:

- 4 GRANNY SMITH APPLES, PEELED AND BRUNOISE
- 30G UNSALTED BUTTER (2 TBSP)
- 1 ½ TSP GROUND CINNAMON
- 80G GRANULATED SUGAR (6 TBSP)
- 2 TBSP LEMON JUICE (30ML)
- 125ML WATER (½ CUP)
- 5ML VANILLA EXTRACT (1 TSP)
- 4 TBSP CORNSTARCH



Ingredients

CARAMEL SAUCE:

- 100G GRANULATED SUGAR ($\frac{1}{2}$ CUP)
- 30ML WATER (2 TBSP)
- 78ML 35% CREAM, ROOM TEMPERATURE ($\frac{1}{3}$ CUP)
- 15G UNSALTED BUTTER, CUBED (1 TBSP)
- $\frac{1}{2}$ TSP VANILLA EXTRACT
- PINCH OF SALT

MERINGUE TOPPING:

- 90ML EGG WHITES, ROOM TEMPERATURE (3 LARGE EGGS)
- 90ML WARM WATER ($\frac{1}{4}$ CUP)
- 150G GRANULATED SUGAR ($\frac{3}{4}$ CUP)
- $\frac{1}{2}$ TSP CREAM OF TARTAR

6 X 4 INCH DISPOSABLE PIE PLATES



directions

1. PREHEAT YOUR OVEN TO 350°F.
2. IN A MEDIUM BOWL, ADD OAT FLOUR, PUMPKIN SEED MEAL, SALT, AND COCONUT SUGAR AND WHISK UNTIL COMBINED.
3. ADD MELTED COCONUT OIL AND MIX UNTIL A LOOSE DOUGH IS FORMED. YOU SHOULD BE ABLE TO SQUEEZE THE MIXTURE BETWEEN TWO FINGERS AND FORM A DOUGH INSTEAD OF IT CRUMBLING. IF TOO DRY, ADD A BIT MORE MELTED COCONUT OIL.
4. DIVIDE THE MIXTURE EVENLY AMONG THE 6 TART TINS. PRESS FIRMLY INTO THE BOTTOM AND ALONG THE SIDES OF THE PLATE.
5. BAKE FOR 12 - 15 MINUTES OR UNTIL THE EDGES ARE GOLDEN BROWN AND THERE IS SOME BROWNING ON THE SURFACE. REMOVE FROM THE OVEN TO COOL SLIGHTLY.

(PARENTAL SUPERVISION RECOMMENDED)

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directions



PREPARE YOUR FILLING

6. HEAT THE UNSALTED BUTTER IN A LARGE POT OVER MEDIUM HEAT. ADD YOUR BRUNOISE APPLES AND COOK UNTIL CAMELIZED AND SOFT.

7. IN A SMALL BOWL, WHISK TOGETHER THE GRANULATED SUGAR, CINNAMON, LEMON JUICE, WATER, VANILLA EXTRACT AND CORNSTARCH UNTIL COMBINED. ADD THE MIXTURE TO THE APPLES, MIX TO COMBINE AND COOK OVER MEDIUM HEAT UNTIL THICK.

8. EQUALLY DIVIDE THE FILLING AMONG THE 6 BLIND BAKED CRUSTS. USING AN OFFSET SPATULA OR A SPOON, SPREAD THE FILLING EVENLY SO THAT THE TOP IS FLAT.

9. PLACE THE TARTLETS IN THE FRIDGE TO SET.

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directions

PREPARE CARAMEL SAUCE



10. PLACE SUGAR IN A HEAVY BOTTOMED MEDIUM POT. ENSURE IT IS LYING FLAT AND EVENLY DISTRIBUTED ON THE BOTTOM. ADD THE WATER AND MOISTEN ALL THE SUGAR.

11. HEAT OVER MEDIUM HEAT AND COOK UNTIL THE SUGAR DISSOLVES AND THE LIQUID IS CLEAR.

12. RAISE THE TEMPERATURE TO HIGH AND COOK UNTIL THE SUGAR TURNS TO A DARK AMBER COLOUR (APPROXIMATELY 5 - 8 MINUTES). THE LIGHTER THE CARAMEL, THE Milder THE FLAVOUR, THE DARKER THE COLOUR THE STRONGER THE FLAVOUR.

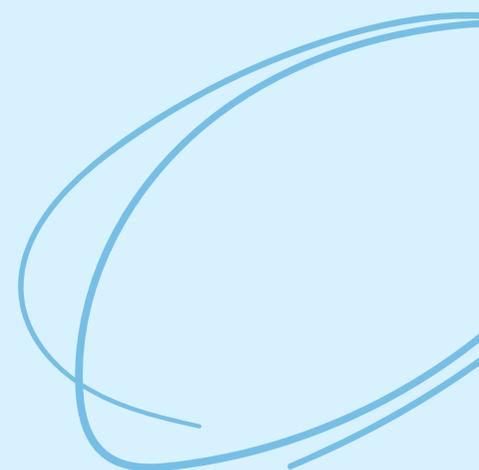
13. TURN HEAT OFF AND IMMEDIATELY WHISK IN THE HEAVY CREAM AND VANILLA.

14. ADD THE BUTTER AND STIR UNTIL THE MIXTURE IS WELL COMBINED AND SMOOTH. IF THERE ARE ANY CLUMPS, HEAT CARAMEL BACK UP AND WHISK UNTIL SMOOTH.

15. ADD SALT TO TASTE, AND DIVIDE EVENLY AMONG THE 6 TARTLETS. SPREAD THE CARAMEL EVENLY ON TOP OF THE APPLE LAYER. CHILL IN THE FRIDGE TO SET.

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directions

PREPARE MERINGUE TOPPING

16. IN A SMALL SAUCEPAN, COMBINE SUGAR AND WATER. HEAT OVER HIGH HEAT, BRUSHING DOWN SIDES OF POT AS NECESSARY WITH A PASTRY BRUSH DIPPED IN WATER. COOK UNTIL SUGAR SYRUP REGISTERS 240°F (115°C) ON AN INSTANT-READ OR CANDY THERMOMETER OR PASSES THE “BUBBLE TEST”.

17. MEANWHILE, COMBINE YOUR EGG WHITES AND CREAM OF TARTAR IN A MEDIUM BOWL. USING A HAND MIXER WITH THE WHISK ATTACHMENT, WHISK ON HIGH UNTIL SOFT PEAKS FORM.

18. SLOWLY DRIZZLE THE HOT SUGAR SYRUP INTO THE WHIPPED EGG WHITES WHILE WHISKING VIGOROUSLY BY HAND UNTIL FIRM PEAKS ARE ACHIEVED.

19. TRANSFER MERINGUE TO A PIPING BAG FITTED WITH A STAR TIP. PIPE THE MERINGUE ONTO THE TOP OF THE APPLE FILLING.

20. BRULEE THE TOPS OF THE MERINGUE AND CHILL IN THE FRIDGE UNTIL READY TO SERVE.

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