

FROM THE GALLEY OF ... Leanne Vogel, aboard *Perigee*

(via her *Western Caribbean Cookbook*, see page 3)

Tarte Tatin

This is not an overly sweet or heavy tart. The thing I like about it is that it is pretty hard to mess it up, it looks fabulously rustic and provincial with all those caramelised bits when presented and really heroes the apples. You'll need an ovenproof frying pan, or something round that you can put on the stove top and in the oven.

Ingredients

- 6 Golden Delicious or Royal Gala apples or whatever you have that needs using up
- 2 tbsp lemon juice
- 200 gms vanilla sugar (or sugar and vanilla essence)
- 30 gms unsalted butter, cubed
- 250 gms puff pastry (which I usually buy and freeze – alternatively use the Simple Pastry recipe below)

Peel and core the apples and cut into quarters. Place in a large bowl and toss in the lemon juice and 100 grams of vanilla sugar. Place the remaining sugar and 2 tbsp of water in an ovenproof frying pan or 25cm Tarte Tatin pan over a low heat, stirring to dissolve the sugar. Increase the heat to medium and cook for about 5 minutes until the sugar caramelises and is a light golden brown. Add the apple, cut-side up, and dot with the butter. Keeping the heat very low, cook for a further 5–6 minutes to partially cook the apple. Remove from the heat and set aside to cool.



Preheat the oven to 190°C (375°F or Gas Mk 5). Roll out the pastry and cut into a circle slightly larger than the pan. Place the pastry over the apple, tucking any excess underneath. Place the pan on a baking tray to catch any juices that may bubble over and bake in the oven for 35 minutes until the pastry is cooked and golden. Remove from oven and allow to rest in the pan for 10 minutes. Carefully turn the tart upside down on to a large plate. Serve with cream or ice cream. You can also use UHT/long-life cream.

Simple Pastry

Ingredients

- 1½ cups of plain flour
- ¼ of a cup (40gms) of baking powder
- 3 rounded dessertspoons of margarine cut into small pieces
- ½ of a cup (75ml) of iced water (approx)
- salt

Sift the flour, baking powder and salt and add in the margarine. Break this with your fingertips when rubbing into the flour mixture until it looks like fine breadcrumbs. Add water and knead it like dough, then roll out on a pastry board until about ½ cm (0.2 in) thick.

