Sarah Reed

Senior

Fruit and Vegetables

Anderson

Apple Rose Tart with Walnut Crust and Maple Filling

Ingredients:
For the Walnut Crust:
2 1/2 cups walnut pieces
4 Tbs (half a stick) unsalted butter, melted
2 Tbs granulated sugar
1 egg white
1/4 tsp kosher salt

For the Maple Custard:
1 1/2 cups milk
6 egg yolks
1/2 cup pure maple syrup
1/4 cup cornstarch
1/2 tsp kosher salt
1 tsp vanilla extract

For Apple topping:
2-4 fresh apples quartered, cored, and sliced very thin (keep in lemon water until ready to use).
Juice of 1 fresh lemon, added to a large bowl of cold water.
1/4 cup honey (optional)

Directions:
1. Preheat the oven to 400 degrees F.
2. In a food processor or chopper, pulse the walnuts until they are finely chopped, and the pieces are about the size of breadcrumbs. Place the chopped nuts in a large bowl and add the remaining ingredients, tossing together with a fork.
3. Press the mixture evenly into the bottom and up the sides of a 9 inch tart pan. Bake for 15 minutes. Cool completely, then fill with Maple Custard and top with apples.

Make the Maple Crust:
1. Pour the milk into a small pot and place over medium heat until small bubbles form around the edges
2. Whisk the egg yolks, maple syrup, cornstarch, and salt together in a bowl until combined. Slowly pour the hot milk over the egg mixture, while whisking, to warm the eggs. Transfer the mixture back to the pot and place over low heat. Cook, stirring constantly, until the mixture becomes very thick.
3. Turn off the heat, add the vanilla, and strain through a fine-mesh sieve into a heat safe bowl. Place plastic wrap directly onto the surface and refrigerate for 2 hours.

Assemble the Tart:
1. Spread the maple custard in the walnut tart shell.
2. Warm the apple slices in the microwave until pliable. Roll a slice of apple into a tight spiral and stand it up vertically in the custard. Continue to arrange apple slices in a concentric pattern around the first one, building a rose pattern. Repeat until the top of the tart is completely covered with apple roses.
3. Thin the honey slightly with a few drops of warm water, and brush over the apples, for shine (optional).