TARTE TATIN

Ingredients

Puff Pastry (Pâte Feuilletée)

- 250 g (8.8 oz) Cake Wheat Flour
- 150 g (5.3 oz) Unsalted Butter
- 150 g (5.3 oz) Water
- 5 g (0.18 oz) Salt
- 50g (1.76 oz) Sourdough Starter
- ***or*** No Rising Agent

Apple & Caramel Filling

- x7 (1.05 kg / 2.3 lb) Red Apples
- 80 g (2.82 oz) Unsalted Butter
- x1 (150 g / 5.3 oz) Lemon
- 120 g (4.23 oz) Sugar

MAKES 1 LARGE TARTE TATIN

Directions

1. ***Optionally***, prepare a ***50% Hydration*** **Sourdough Starter** the night before. Mix in ***13 g (0.46 oz) of Mature Starter***, ***25 g (0.88 oz) of Cake Wheat Flour*** and ***12 g (0.42 oz) of water.***

2. Mix in ***all Ingredients <u>except the butter</u>*** to prepare your ***Puff Pastry*** Dough.

3. Perform ***stretch & folds***, pulling all sides of the dough over itself for ***1 full rotation***. Let it rest again for 15 minutes & ***repeat this process***. Once completed let your dough rest for an additional ***30 minutes.***

4. Shape your dough into a 17 *cm by 17 cm (6.7 in x 6.7 in) square* by placing your dough into a *casing of parchment paper* and using a rolling pin to spread the dough into the parchment. Remove the casing & cover the dough in *plastic wrap or place it on a dish covered with a damp cloth*. Let it rest in the fridge for ***30 minutes***.

5. **15 Minutes** before that rest is over, shape your ***150 g (5.3 oz)*** *of Unsalted Butter* into a ***10 cm by 10 cm (4 in x 4 in)*** *square beurage.* Place your butter into a casing of parchment paper and use a rolling pin to spread the butter into the parchment. ***Remove the beurage from the parchment*** & place that on a plate in your *fridge for 5 minutes.*

6. *Extend the corners of your dough* & then place your beurage at the dough's centre in a ***diamond shape***. Fold the corners of your dough over the beurage, encasing it. Let it rest for a few minutes & then roll the dough to ***45cm (18 in)*** in length. Fold one side of the dough to ***2/3rds*** of its total length and then fold the remaining side *over the first fold*. From there *re-roll your dough* to ***45 cm (18 in)*** & repeat the folding process. Cover that and place it in your fridge for ***1 hour***. Repeat the folding method **4 times** more *(total of 6)* with a 1 hour rest after every 2 sets. After the 6th fold, cover your pastry & leave it to rest overnight in your fridge.

7. **Peel, core and cut** *7 Apples* into quarters. Add the juice of 1 Lemon to prevent browning.

8. Preheat your oven to **190°C (374°F)**. To make your **Caramel**, measure out its 2 ingredients in advance. Begin melting your Sugar in a **30 cm (12 in)** *baking pan* at low heat; when that has melted add in your Butter. Swirl those ingredients until fully incorporated. ***Exercise caution when working with Caramel.***

9. Place your **quartered Apples** in your caramel in a *spiral pattern*. Let that cook at low heat for **10 minutes**. Roll out your *Puff Pastry* & cut out a **30 cm (12 in) circle**, when your apples are done cooking stop the heat, add the pastry base on top & *tuck the sides in*. Cut small steam holes on top of your pastry & bake in your Oven at **190°C (374°F)** for *30 minutes. Rotate your tray 15 minutes into the bake time.*

10. Once finished baking, *place a plate on top of your pan* & **flip your tarte over.**