

Apple Tart Recipe Mary Berry



Apple tart recipe Mary Berry is a delightful way to indulge in a classic dessert that has enchanted taste buds for generations. Known for her approachable cooking style and simple yet elegant recipes, Mary Berry's apple tart is a perfect blend of buttery pastry, sweet-tart apples, and a hint of aromatic spices. In this article, we will explore Mary Berry's iconic apple tart recipe, delve into tips for perfecting your tart, and discuss variations and serving suggestions that will enhance your baking experience.

Overview of Apple Tart

Apple tart is a traditional dessert that celebrates the flavors of fresh apples, typically encased in a flaky pastry shell. This dessert is not only a feast for the palate but also for the eyes, as it can be beautifully arranged to create an impressive centerpiece for any gathering. Mary Berry's apple tart recipe is straightforward, making it accessible for bakers of all skill levels.

The Importance of Ingredients

To achieve a delicious apple tart, the quality of the ingredients is paramount. Here's what you'll need:

1. Pastry Ingredients:

- 225g (8 oz) plain flour
- 150g (5 oz) unsalted butter, cold and diced
- 75g (3 oz) icing sugar
- 1 large egg yolk
- 2-3 tablespoons cold water

2. Filling Ingredients:

- 4-6 medium-sized apples (preferably a mix of sweet and tart varieties like Bramley and Cox)
- 100g (4 oz) caster sugar (adjust according to the sweetness of the apples)
- 1 teaspoon ground cinnamon (optional)
- Zest of 1 lemon
- 2 tablespoons lemon juice

3. For Glazing:

- 2 tablespoons apricot jam
- 1 tablespoon water

Step-by-Step Recipe

Creating an apple tart may seem daunting, but with Mary Berry's clear instructions, you'll find it to be an enjoyable experience. Below is a step-by-step guide to make your own apple tart.

Step 1: Make the Pastry

1. Prepare the Mixture: In a large mixing bowl, combine the plain flour and icing sugar. Add the cold, diced butter and rub it into the flour using your fingertips until the mixture resembles breadcrumbs.
2. Add Egg and Water: Add the egg yolk and cold water, one tablespoon at a time, mixing until the dough comes together. You may not need all the water, so add it gradually.
3. Chill the Pastry: Shape the dough into a ball, flatten it into a disc, wrap it in cling film, and refrigerate for at least 30 minutes.

Step 2: Prepare the Apples

1. Peel and Slice: While the pastry is chilling, peel, core, and thinly slice the apples. If using a mix of sweet and tart apples, you'll achieve a more complex flavor.
2. Season the Apples: In a bowl, toss the apple slices with caster sugar, lemon zest, lemon juice, and ground cinnamon. Allow the mixture to sit for about 15 minutes to enhance the flavors.

Step 3: Assemble the Tart

1. Preheat the Oven: Preheat your oven to 190°C (375°F).
2. Roll Out the Pastry: On a lightly floured surface, roll out the chilled pastry to fit a tart tin (approximately 23 cm or 9 inches in diameter). Carefully transfer the pastry to the tin, pressing it into the edges. Trim any excess pastry.
3. Fill the Tart: Arrange the seasoned apple slices in the pastry case, overlapping them for a beautiful presentation.
4. Bake the Tart: Bake in the preheated oven for 25-30 minutes or until the apples are tender, and the pastry is golden brown.

Step 4: Glaze the Tart

1. Prepare the Glaze: In a small saucepan, heat the apricot jam and water over low heat until melted and combined.
2. Glaze the Tart: Once the tart is out of the oven, brush the warm apricot glaze over the apples to give them a lovely shine.
3. Cool and Serve: Allow the tart to cool slightly before serving. It can be enjoyed warm or at room temperature, and pairs beautifully with cream, custard, or a scoop of vanilla ice cream.

Tips for the Perfect Apple Tart

To ensure your apple tart turns out perfectly every time, consider the following tips:

- Use Cold Ingredients: For a flaky pastry, ensure that your butter and water are very cold before incorporating them into the dough.

- Don't Overwork the Dough: Mix the pastry just until it comes together. Overworking can lead to a tough crust.
- Blind Bake for a Crisp Base: If you prefer a crisper base, consider blind baking the pastry for 10-15 minutes before adding the filling. Simply line the pastry with baking paper and fill it with baking beans.
- Experiment with Apples: Different varieties of apples will yield varying flavors and textures. Feel free to experiment with combinations to find your ideal mix.

Variations of Mary Berry's Apple Tart

While Mary Berry's original recipe is fantastic on its own, here are a few variations to consider:

1. Add Nuts: Sprinkle chopped walnuts or pecans over the apples before baking for added texture and flavor.
2. Dried Fruits: Incorporate raisins or dried cranberries into the apple mixture for a touch of sweetness.
3. Spices: Experiment with different spices such as nutmeg or ginger to change the flavor profile.
4. Cheese: For a savory twist, add crumbled blue cheese or goat cheese atop the apples before baking.

Serving Suggestions

To elevate your apple tart experience, consider the following serving suggestions:

- With Cream: Serve with a generous dollop of whipped cream for a classic pairing.
- Ice Cream: A scoop of vanilla or cinnamon ice cream complements the warm apple tart wonderfully.
- Custard: Pouring warm custard over the sliced tart adds richness and creaminess.
- Cheese Plate: Serve slices alongside a cheese board for a sophisticated dessert option.

Conclusion

The apple tart recipe Mary Berry offers is a wonderful way to celebrate the delightful flavors of autumn and the simplicity of home baking. With its flaky pastry, sweet-tart apple filling, and beautiful presentation, this tart is sure to impress at any gathering. Whether you follow the recipe to the letter or add your personal touch, the result is a delicious dessert that embodies the spirit of Mary Berry's cooking philosophy: accessible, comforting, and utterly delicious. So gather your ingredients, roll up your sleeves, and enjoy the process of creating this timeless treat!

Frequently Asked Questions

What are the key ingredients for Mary Berry's apple tart?

The key ingredients for Mary Berry's apple tart include shortcrust pastry, cooking apples (such as Bramley), sugar, butter, and a pinch of salt.

How long does it take to prepare Mary Berry's apple tart?

Preparation time for Mary Berry's apple tart is approximately 30 minutes, with an additional 45-60 minutes for baking.

What type of apples is best for Mary Berry's apple tart?

Mary Berry recommends using Bramley apples for their tartness and ability to hold their shape during baking.

Can I make the pastry for Mary Berry's apple tart in advance?

Yes, you can make the shortcrust pastry in advance and refrigerate it for up to 24 hours before using.

What is the recommended serving suggestion for Mary Berry's apple tart?

Mary Berry's apple tart is best served warm, optionally with a scoop of vanilla ice cream or a dollop of clotted cream.

How do you prevent the pastry from becoming soggy in

Mary Berry's apple tart?

To prevent sogginess, ensure that the apples are well-drained and, if desired, blind bake the pastry for a few minutes before adding the filling.

Is it possible to use pre-made pastry for Mary Berry's apple tart?

Yes, you can use pre-made shortcrust pastry to save time, but homemade pastry adds a fresh taste and texture.

What are some variations I can make to Mary Berry's apple tart recipe?

Some variations include adding spices like cinnamon or nutmeg, incorporating other fruits like pears, or using a crumble topping instead of a pastry lid.

How can I store leftovers of Mary Berry's apple tart?

Leftover apple tart can be stored in an airtight container in the refrigerator for up to 3 days. Reheat in the oven for best results.

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