

Mary Berry Tarte Tatin Recipe



Mary Berry tarte tatin recipe is a delightful culinary masterpiece that brings a taste of France to your kitchen. Renowned for her approachable and easy-to-follow recipes, Mary Berry's version of this classic upside-down caramelized apple tart is no exception. Whether you are a seasoned baker or a novice in the kitchen, this recipe will guide you through the steps to create a stunning dessert that is sure to impress family and friends.

What is Tarte Tatin?

Tarte Tatin is a traditional French dessert that features caramelized apples baked under a layer of pastry. Its origins can be traced back to the late 19th century in the small town of Lamotte-Beuvron, where it was accidentally created by the Tatin sisters. The tart is known for its rich buttery flavor and its beautiful presentation when inverted, revealing the glossy, caramelized apples on top.

Why Choose Mary Berry's Recipe?

Mary Berry is a household name in the culinary world, particularly known for her role as a judge on "The Great British Bake Off." Her recipes are celebrated for being both simple and elegant, making them accessible to home bakers of all skill levels. Here are a few reasons why you should consider her tarte tatin recipe:

- **Easy to Follow:** Mary Berry's instructions are clear and concise, making it easy to understand each step.
- **Perfectly Balanced Flavors:** The combination of sweet caramelized apples with a buttery pastry is balanced to perfection.
- **Impressive Presentation:** The inverted tart not only tastes amazing but also looks stunning, making it perfect for special occasions.

Ingredients for Mary Berry's Tarte Tatin

Before diving into the preparation, it's essential to gather all the ingredients. Here's what you will need:

For the Pastry:

- 225g (8 oz) plain flour
- 100g (3.5 oz) cold unsalted butter, diced
- 1 tablespoon icing sugar
- 1 egg yolk
- Cold water (as needed)

For the Topping:

- 6-8 medium-sized cooking apples (such as Bramley or Granny Smith)
- 100g (3.5 oz) butter
- 200g (7 oz) caster sugar
- 1 teaspoon vanilla extract (optional)

Step-by-Step Guide to Making Mary Berry's Tarte Tatin

Step 1: Prepare the Pastry

1. In a large mixing bowl, combine the plain flour and icing sugar.
2. Add the cold diced butter and rub it into the flour using your fingertips until the mixture resembles fine breadcrumbs.
3. Stir in the egg yolk and add cold water, a tablespoon at a time, until the dough begins to come together.
4. Form the dough into a ball, wrap it in cling film, and refrigerate for at least 30 minutes.

Step 2: Prepare the Apples

1. Peel, core, and cut the apples into quarters.
2. In a large, heavy-based frying pan, melt the butter over medium heat.
3. Add the caster sugar and cook until it begins to caramelize, stirring occasionally to prevent burning.
4. Once the sugar turns a golden color, carefully add the apple quarters and cook for about 10 minutes, turning them occasionally until they are just tender and coated in caramel.

Step 3: Assemble the Tarte Tatin

1. Preheat your oven to 190°C (375°F).
2. Take the chilled pastry from the refrigerator and roll it out on a lightly floured surface to a circle that is slightly larger than your frying pan.
3. Remove the pan from the heat and arrange the caramelized apples in the base, ensuring they are packed tightly.
4. Lay the rolled pastry over the apples and tuck the edges down around the apples.

Step 4: Bake the Tarte Tatin

1. Place the frying pan in the preheated oven and bake for 25-30 minutes, or until the pastry is golden brown.
2. Remove from the oven and allow to cool for a few minutes before inverting.

Step 5: Invert the Tarte Tatin

1. Place a large plate over the frying pan and carefully flip it over to release the tart.
2. If any apples stick to the pan, simply remove them and place them back on the tart.
3. Allow the tart to cool slightly before serving.

Serving Suggestions

Mary Berry's tarte tatin can be enjoyed warm or at room temperature. Here are a few serving suggestions to elevate your dessert:

- **Serve with Cream:** A dollop of fresh whipped cream or clotted cream complements the tart's sweetness.
- **Ice Cream Delight:** Vanilla or caramel ice cream adds a delightful contrast to the warm tart.
- **Garnish with Nuts:** Chopped walnuts or pecans can add a lovely crunch and flavor.

Tips for the Perfect Tarte Tatin

- Choose the Right Apples: Select cooking apples that are firm and tart to balance the sweetness of the caramel.
- Watch the Caramel: Be attentive when making the caramel; it can go from perfectly golden to burnt quickly.
- Don't Rush the Pastry: Take your time when making the pastry to ensure it is flaky and tender.

Conclusion

In conclusion, the **Mary Berry tarte tatin recipe** is a fantastic way to impress your guests with a classic French dessert that is not only delicious but also stunning in appearance. With Mary Berry's clear instructions, you can confidently create a tart that will be the star of any dinner party or special occasion. So gather your ingredients, roll up your sleeves, and enjoy the delightful process of making this exquisite dessert!

Frequently Asked Questions

What is Mary Berry's key ingredient for a classic Tarte Tatin?

Mary Berry often emphasizes the use of high-quality, firm apples like Bramley or Granny Smith for the best flavor and texture in her Tarte Tatin.

How does Mary Berry suggest preparing the apples for Tarte Tatin?

Mary Berry recommends peeling, coring, and cutting the apples into halves or quarters before caramelizing them in butter and sugar.

What type of pastry does Mary Berry use for Tarte Tatin?

Mary Berry typically uses a puff pastry for her Tarte Tatin, which creates a light and flaky texture when baked.

How does Mary Berry achieve the caramelization in her Tarte Tatin?

Mary Berry achieves caramelization by cooking the sugar and butter together in a skillet until golden brown before adding the apples.

What is the recommended baking temperature for Mary Berry's Tarte Tatin?

Mary Berry usually recommends baking the Tarte Tatin at 190°C (375°F) until the pastry is golden and the apples are tender.

How does Mary Berry suggest serving Tarte Tatin?

Mary Berry suggests serving Tarte Tatin warm, often with a scoop of vanilla ice cream or a dollop of crème fraîche for added richness.

Can Mary Berry's Tarte Tatin be made ahead of time?

Yes, Mary Berry's Tarte Tatin can be made ahead of time and reheated gently in the oven before serving to restore its pastry's flakiness.

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