



Madeleines and French Apple Tart



French Madeleines.

Makes 12-24 biscuits.

Ingredients.

2 eggs	1 T lemon or orange zest	½ C caster sugar
½ C sifted plain flour	½ C (50gms) almond meal	60gms melted butter

1. Place eggs and sugar in a pyrex/metal bowl over simmering water, beat until the mixture forms a very thick ribbon when you lift the beaters.
2. Fold in the flour and zest, stir in the almond meal, gently stir in the cool melted butter.
3. Spoon into greased Madeleine tins, bake for 10-15 mins until golden brown.
4. Serve with desserts or for afternoon tea, dusted with icing or snow sugar.

The Pastry for the Tart.

Enough for 2 medium or 1 really large Apple Tart.

Ingredients.

1½ C Plain Flour	pinch of salt	2 T caster sugar
2 T Custard Powder	125gms Cold butter in chunks	1 egg yolk
Squeeze lemon juice	approx. ¼ C ice cold water	

Extras

3-4 Granny Smith Apples	2 T sugar	20gms butter
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1. **If no food processor**- grate butter onto the dry ingredients, rub in lightly, with your fingers, add egg yolk then stir in as much of the water as needed to bring dough together)
2. **Or** - Place the flour, salt, sugar, custard powder and butter into a food processor.
3. Whizz briefly, until butter is in small pebbles through the mixture.
4. Add the lemon juice and egg yolk, then while machine is running on slow speed, pour the water down the chute, until the mixture turns yellow and will clump together.
5. Tip crumbles into a small bowl, press the pastry crumbles into a firm ball.
6. On a floured board, roll ⅓rds of the dough out quite thinly.
7. Lift on your rolling pin and lay over your chosen loose-base tart tin.
8. Press gently into place, trim off the leftovers. Pre-heat oven to 20° higher than stated.
9. Line the pastry with a thin layer of frangipane. Peel, core and very thinly slice the apples.
10. Make a rose pattern -vertically place apple slices, starting from the outside and working to the centre. Pushing the apple slices gently down into the frangipane. Freeze 10 mins.
11. Melt the butter and stir in the sugar. Brush over the apples, turn oven down to stated temp, bake tart for 20-30 mins. Crust should be golden, tops of apples caramelised.
12. Remove from oven, carefully remove outer part of tin. When a little cool, slide Tart onto a serving platter. Serve warm, with a dollop of sour cream or double cream.

Frangipane

Frangipane Filling

100gms butter	½ C caster sugar	1 egg white
1 C almond meal	½ -1 t almond essence or lemon essence	

1. Beat the butter and sugar until fluffy, beat in the egg white.
2. Stir in the rest of the ingredients.



Canelé de Bordeaux.

Traditionally canelés are cooked in incredibly, expensive copper moulds lined with tin (about \$200 for 6 moulds), and greased with a mixture of beeswax and butter. Metal trays are far better than silicone at making the crusts crispy.

Will make loads of crisp shelled custardy morsels.

Ingredients

250mls full cream milk

½ C Unbleached bread flour

1 whole egg plus 1 yolk

15gms butter

½ t vanilla extract or paste

40mls rum (or other alcohol)

125gms vanillin sugar

¼ t salt

1. Heat butter and ¾ of the milk in a saucepan until just simmering, stir in the vanilla.
2. Stir in the remaining cold milk.
3. Place the sugar and salt into a moderate sized bowl.
4. Blend in the eggs, and rum, then add in the flour gradually, blend until smooth.
5. Gradually blend the milk mixture into the egg/sugar mixture.
6. Strain the custard into a pouring jug, through a fine tea strainer.
7. Place a small freezer bag onto the surface of the custard, chill for at least 2 hours but up to 48 hours.
8. When you are finally ready to bake, put oven onto very high heat, about 230°C.
9. Chill the canelé mould.
10. Spray with baking spray or brush butter evenly on to the cold moulds.
11. Stir the custard carefully, then pour it into the moulds leaving about 1-2cms room.
12. Turn oven down to 160°C FF or 180°C Gas/Electric and bake for 40-50 mins.
13. The canelés should be quite dark.
14. Remove from oven, tap the mould sharply on bench to extract the canelés. Use a skewer to help if they won't easily drop out, or bake a few mins more.
15. Leave on cooling rack to become crispy.
16. Eat the day they are made or rewarm for a few mins in the oven to make crisp again.

