



Sant' Antonio's apple and red wine tart

20'

Hands on

1 hour'

Hands off

55'

Cook Time

10-12

Portion(s)

3

Difficulty



Method

Quite a unique tart! Red Wine is added which gives the tart a rich aroma and color... It is a traditional Italian recipe made to honor the town's patron Sant' Antonio.

For the tart shell

- In a food processor, add the flour, salt, sugar (chilled) and butter. Process until the mixture resembles coarse crumbs. Add the egg yolk and about 1-2 tablespoons of water to create the dough. Cover with plastic wrap and refrigerate for 1 hour so it can rest.
- Remove from refrigerator. Lay out 2 sheets of parchment paper on a working surface. Generously dust both sheets of parchment and dough with flour. Place dough on one sheet and cover with the other.
- Use a rolling pin to roll out dough between the two sheets of parchment. If it doesn't roll out easily, allow it to sit at room temperature for 5 minutes so it can soften.
- When you have rolled out the dough a little, dust both sheets of parchment with some more flour to help the dough roll out easier. Add more flour if necessary during the process, until you have rolled out the dough sufficiently. It should be as thin as 10 playing cards that are stacked one on top of the other.
- Transfer the dough to a 25 cm tart pan. Fit into pan and let the edges overhang. Reserve any leftover dough.
- Poke small holes on the bottom of the tart shell with a fork.

For the filling

- Preheat oven to 180* C (350* F) Fan.
- Remove the peel from the apples and cut into thin slices by using a mandolin or a very sharp knife.
- Add them apple slices in to a pot along with the sugar, wine, ground cinnamon and orange zest. Place over low heat. Simmer until the wine evaporates, the apples soften and the liquid has reduced to a syrup-like consistency.
- Remove from heat. Add the walnuts while stirring. Set aside to let

Ingredients

For tart shell

- 125 g butter, chilled
- 250 g all-purpose flour
- 125 g icing sugar
- 1 egg yolk
- some cold water
- 1 egg yolk, beaten
- granulated sugar, for sprinkling
- pinch of salt

For filling

- 4 green apples
- 300 g red wine (not sweet)
- 150 g granulated sugar
- grated zest of 1 orange
- ½ teaspoon ground cinnamon
- 100 g walnuts

Διατροφικός πίνακας

Nutrition information per portion

307 Calories (kcal)	15.3 Total Fat (g)	6.3 Saturated Fat (g)	32.5 Total Carbs (g)
15%	22%	32%	12%
17.2 Sugars (g)	4.5 Protein (g)	1.9 Fibre (g)	0.03 Sodium (g)
19%	9%	8%	0%

the apples cool.

- Pour filling over tart shell. Fold the overhanging edges to create a border. It does not need to be perfect.. this is a rustique tart! You can decorate the tart with any leftover dough. You can use the top of a soda bottle to cut out small circles of dough and create a small bunch of grapes... then make the stem and leaves.
- Brush dough with some egg wash. Sprinkle with some sugar. This sugar will caramelize while baking.
- Place tart on the highest oven rack so that the dough on the bottom can bake properly also. Bake for 30-35 minutes, until golden.

Tip

The butter needs to be very chilled for the crust to turn out flaky and perfect!