

Apple Tart Tatin with Elderflower, Cinnamon and Apple Ice-Cream



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- Sub Category Name
 - Food
 - Desserts
 - Sweets
- Recipe Source Name
 - Dilmah t-Series Recipes

Used Teas



t-Series Elderflower with Cinnamon and Apple

Ingredients

Elderflower Cinnamon and Apple Ice Cream

Elderflower Cinnamon and Apple Ice Cream

- 6 Medium Egg Yolks
- 100g Castor Sugar
- 250ml Milk
- 250ml Double Cream
- 10g Dilmah Elderflower Cinnamon and Apple Infusion

Apple Tart

Apple Tart

- 6 Cooking Apples like Golden Delicious or Red Gala
- 100g Unsalted Butter
- 100g Sugar
- 50ml Honey
- 1 tablespoon Cinnamon

Methods and Directions

Elderflower Cinnamon and Apple Ice Cream

Elderflower Cinnamon and Apple Ice Cream

- Beat the egg yolks and sugar till smooth
- Put the milk and tea in a pan and just bring to boil, add the tea and remove from heat, then let it cool under cover for 5 minutes
- Strain milk mixture onto the eggs and sugar mix, whisking continuously
- Pour the mixture back into a clean pan, heat gently stirring continuously until the custard thickens enough to coat the back of a wooden spoon, do not boil
- Strain through a fine sieve, leave to cool, then chill
- When cold, stir in the cream
- Place into ice cream machine until it has doubled in size

Apple Tart

Apple Tart

- Peel, core and quarter the apples.
- Mix the apples with Cinnamon.
- In a large heavy base pan start to make a caramel with some sugar, butter and honey.
- Place in your apples in the pan and start to cook the apples in the caramel.
- Reduce the heat to cook the apple through without it breaking or falling apart, the apples need to be a golden brown colour all over.
- Place the apples neatly around a small apple tart tatin pan each overlapping the other all the way round.
- Then place a cut disc of puff pastry over the apples, egg wash the pastry, prick a few holes in your pastry and place inside the oven at 185 degrees and cook for 12 minutes till a dark golden brown, serve with Elderflower, Cinnamon and Apple ice cream.