



# FRENCH APPLE FLAN

## Rich Shortcrust Pastry

175 g plain flour  
75g margarine/butter (block type not soft)  
50g caster sugar  
1 egg yolk mixed with 15ml cold water.

## Flan Filling

500g cooking apples  
100g sugar  
30ml water  
Juice of 1 small lemon  
2 dessert apples  
Apricot jam sieved

## Method for pastry

1. Carefully weigh out the flour and sieve into a bowl.
2. Chop up fat and add to flour.
3. Rub fat into flour using your finger tips until it looks like breadcrumbs.
4. Stir in castor sugar
5. Add egg and water mixture and mix to form a dough leave to rest.

## Method for the filling

1. Peel, core and slice the apples and place a saucepan with the sugar and water.
2. Cook over a gentle heat until apples are thoroughly softened.
3. Beat to a purée with a wooden spoon then turn into a sieve to drain and cool.
4. Heat oven to 200°C, 400°F, Gas Mark 6.
6. Line a 23 cm (9 inch) flan tin with the pastry.
5. Spread apple over the base of the pastry.
6. Have ready a basin of cold water mixed with the lemon juice.
7. Peel and quarter the dessert apples into the water. Then thinly slice and arrange in circles on top of the apple purée.
8. Bake for about 30 minutes until the pastry is cooked and apple slices tender.
9. Gently heat the jam and brush over the apples to glaze.

