



CHIPS Cookery Club

Recipe – French Apple Flan

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Ingredients

½ pack of shortcrust pastry
2 medium cooking apples
2 x 15ml spoons caster sugar + 15ml for topping
2.5 ml cinnamon (optional)
1-2 red eating apples
2 x 15ml spoons apricot jam
Flour for dusting

Equipment needed

Chopping board	Small bowl
Small knife	Potato peeler
Rolling pin	Measuring spoons
Small saucepan	Measuring jug
Potato masher	Foil
Ovenproof flan dish	
Pastry brush	



Place the pastry on a clean surface. Dust liberally with flour. Roll out to fit the shape of the dish you are using.



Roll a rolling pin over the top and remove the excess pastry. Neaten the top edge of the pastry.



Once the pastry is the right size lift it up over the rolling pin and place on top of the fruit.



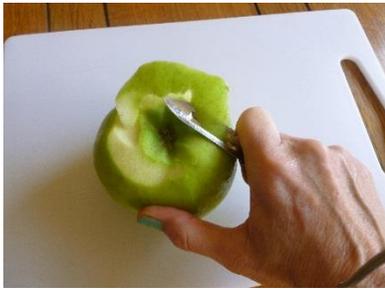
Line the pastry with foil making sure the base and sides are covered. (you could use baking beans and greaseproof instead) Bake at Gas Mark 6/200°C for 10 minutes.



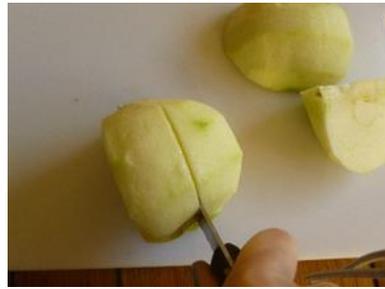
Ease the pastry into the base of the dish without stretching it. Push into the sides of the dish.



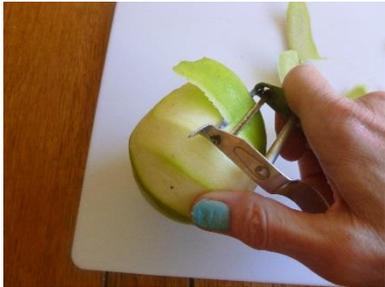
Remove the foil and bake for another 5-10 minutes until the pastry is cooked. Remove from the oven and cool.



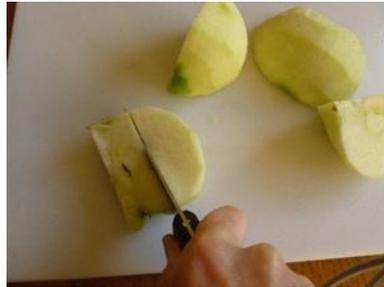
Remove the peel from the top of the apple. Turn over and remove from the bottom of the apple.



Repeat until all of the apple is removed.



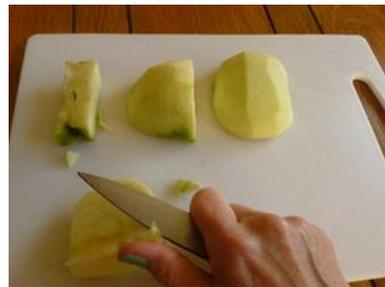
Remove the peel from the top to the bottom of the apple until it is all removed.



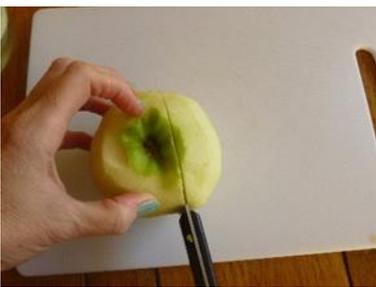
Remove the core and discard.



If you find this difficult you can remove the peel by holding the apple and removing in a circular motion.



Trim all the apple pieces making sure to remove any skin, blemishes and hard core from the pieces. Rinse if needed.



Holding the apple firmly slice down alongside the core.



Place each piece flat side down and slice the apples. Continue until all the apple is sliced.



Turn the apple onto the flat cut side and slice down against the core.



Place in a saucepan with 100ml cold water.



Add the sugar and cover with a lid. Cook for 5 minutes. Add a little cinnamon if desired.



Place each half flat and cut in half again.



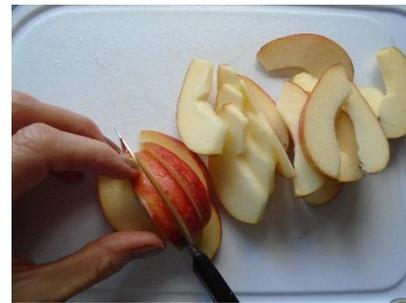
Check the apple is soft and cool slightly.



Remove the core from each quarter.



Mash the apple so that it is smooth.



Slice thinly using a sharp knife.



Spread the apple mixture over the base of the pastry and smooth so it is flat.



Arrange the slices slightly overlapping on top of the apple until it is all covered.



Wash the eating apples and cut in half.



Sprinkle with sugar then place in the oven at gas mark 6/200°C and cook for 25 mins until the apple is soft. Cool.



Place the apricot jam in a small bowl and heat in the microwave for 20 seconds. Stir to ensure it is melted.



Brush the apricot glaze over the apples until coated. Eat warm with custard or cool and serve with crème fraiche.