Flan de pommes

A puff pastry case filled with apples cooked in butter and sugar, baked and glazed with apricot jam.

Makes
1 tart, each made in a 26 cm flan tin

Cooking time
a quarter of an hour for the apples; half an hour in the oven

Kind
Pies and tarts

From
France

Source
Le Livre de cuisine, comprenant la cuisine de ménage et la grande cuisine (quatrième édition), 1877

Called
French: *flan de pommes* (apple flan)

Allergens

Contains

wheat (gluten): ready-made puff pastry
milk: butter

Check the label for

egg: ready-made puff pastry
soya: ready-made puff pastry
sulphites: apricot jam

Suits vegetarians.

Worked out from the ingredients as written. Products differ, so read their labels. How allergens are worked out

Ingredients

Apple marmalade

- [ ] 1.5 kg apples, reinettes; quartered, peeled, cored and sliced
  In the source: “1 kilo 500 de pommes de reinette”
- [ ] 200 g butter
  In the source: “2 hectos de beurre”
- [ ] 100 g caster sugar
  In the source: “1 hecto de sucre en poudre”

Tart

- [ ] 250 g ready-made puff pastry
  In the source: “250 grammes de feuilletage à 6 tours”
- [ ] apricot jam, or apple jelly, to glaze
  In the source: “une couche de marmelade d'abricots ou de gelée de pommes pour glacer”

You will need

- a sauté pan
- a 26 cm flan tin

Method

Apple marmalade

1. [ ] Cut each of the apples into four, and take off the skin and the core with its pips. Cut the quarters into slices 5 mm thick.
2. [ ] Put the butter and the caster sugar into a sauté pan over a brisk heat.
3. [ ] Add the apples and cook them for 15 minutes, tossing them all the time, until they are done.

Tart

4 ☐ Roll the ready-made puff pastry out 5 mm thick.

5 ☐ Line a 26 cm flan tin with it, taking care that the pastry goes well into the bottom of the tin, and cut off any that hangs over the edge.

6 ☐ Fill the pastry with 1 kg of the apple marmalade.

7 ☐ Bake for 30 minutes. Make sure that the tart is cooked, and leave it to cool.

8 ☐ Spread a layer of the apricot jam over the top to glaze it.

The apples

The source asks for 1.5 kg of "pommes de reinette", reinette apples, for the marmalade.[1] For the apple marmalade of a flan in his book on pastry, Gouffé names "reinettes de Canada".[2]

Varieties the sources name:

Reinette du Canada (France)

This recipe

It follows Le Livre de cuisine, comprenant la cuisine de ménage et la grande cuisine (quatrième édition). The source uses metric measures; the US amounts are this site's conversions. This site has no kitchen and has not cooked the recipe.

What was changed: Translated from the French. The source says to have 250 g of puff pastry of six turns, made by its own recipe for gâteau feuilleté on page 302, which is not repeated here: we give its weight only, as ready-made puff pastry. Its "moule à flanc de 26 centimètres" is given as a 26 cm flan tin; it does not say how the 26 centimetres are measured. The marmalade is not written out in the recipe: the source says to fill the tart with 1 kg of apple marmalade "made as for the charlotte de pommes" on page 284, and the apples, butter, sugar and quarter of an hour given here are those of that recipe, the "charlotte de pommes de ménage" on pages 284 and 285. The source does not say how much marmalade its 1.5 kg of apples gives. Its "sucre en poudre" is given as caster sugar and its "marmelade d'abricots" as apricot jam; it allows apple jelly instead. It names no oven heat. The pounds, ounces, cups and inches are our conversions of its grams, hectograms and centimetres.

How the recipes are chosen and converted

Sources

1. Le Livre de cuisine, comprenant la cuisine de ménage et la grande cuisine (quatrième édition) (https://archive.org/details/b21525778), Jules Gouffé; Librairie Hachette et Cie, Paris; Internet Archive (the copy of the University of Leeds Library), 1877.
2. Le Livre de pâtisserie, deuxième partie, chapitre VIII: Flans (https://fr.wikisource.org/wiki/Le_Livre_de_P%C3%A2tisserie/Deuxi%C3%A8me_Partie/Chapitre_VIII), Jules Gouffé; Paris; French Wikisource (transcribed from the scan of the edition of 1873), 1873.

From The World of Apples, apple.io/recipes/flan-de-pommes/