Szarlotka

A shortcrust case baked empty under dry peas, then filled with apples stewed in butter with cinnamon and sultanas.

Makes
1 tart, each with pastry for 6 to 8 people and apples for 6

Cooking time
half an hour for the pastry, then 5 minutes with the apples

Kind
Pies and tarts

From
Poland

Source
Najnowsza kuchnia wytworna i gospodarska, 1903

Called
Polish: *szarlotka z jabłek w kruchem cieście* (apple szarlotka in shortcrust pastry)

Allergens

Contains
wheat (gluten): plain flour
milk: butter
egg: eggs

Check the label for
sulphites: sultanas

Suits vegetarians.

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

Ingredients

Pastry

- [ ] 200 g plain flour
  In the source: “½ funta mąki”
- [ ] 100 g butter, fresh, unsalted
  In the source: “ćwierć funta świeżego niesolonego masła”
- [ ] 2 eggs
  In the source: “2 całe jaja”
- [ ] water, cold, a little at a time
  In the source: “dodając po trochu zimnej wody”
- [ ] 50 g caster sugar
  In the source: “4 łuty miałkiego cukru”
- [ ] butter, for the tin

Apples

- [ ] 8 to 10 apples, large; peeled, cored and cut into thin slices
  In the source: “8–10 dużych jabłek”
- [ ] butter, for the frying pan
- [ ] sugar, for the apples, and more to sprinkle over
- [ ] grated lemon zest, a little
  In the source: “trochę tartej skórki cytrynowej”
- [ ] 1 pinch ground cinnamon
  In the source: “szczyptę tłuczonego cynamonu”
- [ ] sultanas, a handful, washed
  In the source: “garść przemytych rodzenków sułtańskich”

You will need

- a saucepan or a round tin
- a frying pan
- clean paper and dry peas, to weight the pastry

Method

Pastry

1. ☐ Beat the plain flour, the butter and the eggs together and work them thoroughly in a cold place, adding the water a little at a time.
2. ☐ Add the caster sugar and work the dough once more.
3. ☐ Roll it out, not too thin, dust it with flour and roll it up.
4. ☐ Grease a saucepan or a round tin with butter, and line the bottom and the sides with the pastry.
5. ☐ Cover the pastry with clean paper and fill the middle with dry peas, so that the pastry does not crack or sink.
6. ☐ Bake for 30 minutes in a hot oven.

Apples

7. ☐ Before the pastry is baked, put the apples into hot butter in a frying pan.
8. ☐ When they have stewed a little, add some of the sugar, the grated lemon zest, the ground cinnamon and the sultanas, and mix well with the apples.

Finishing

9. ☐ When the pastry is ready, throw out the peas and the paper. Fill the case with the apples, sprinkle them with sugar and put the szarlotka back in the oven for 5 minutes.

Notes

- The source weighs in pounds and in łuty.[1] Russian weights and measures replaced the New Polish ones in the Kingdom of Poland in 1849.[7]
- A dictionary printed in Warsaw in 1916 gives the Russian pound as 409 g and the New Polish pound as 405 g, and the łut as the thirty-second part of a pound; the first sense it gives of the pound is 500 g.[6] The New Polish measures, with their pound of 405 g, had been in force from 1819.[3]

The apples

The source asks for 8 to 10 large apples for six people, peeled, cored and cut into thin slices, and names no variety.[5]

This recipe

It follows Najnowsza kuchnia wytworna i gospodarska. The source uses old measures of its own country, named below; the metric and US amounts are this site's conversions. This site has no kitchen and has not cooked the recipe.

What was changed: Translated from the Polish. The source's pound (funt) and łut are old measures, and the metric amounts are our conversions of them. The book prices a loaf in kopecks and has no metric weight in it, so we take its pound to be the pound of Warsaw in its time: 409 g by the Russian measures in force there from 1849, or 405 g by the New Polish ones before them, each of 32 łuty. On either, ½ funt is a little over 200 g, ¼ funt a little over 100 g and 4 łuty about 51 g; we give 200 g, 100 g and 50 g. The pound of 500 g, which the dictionary of 1916 gives first, would make every weight about a quarter larger. The cups and spoons are converted from the same figures. Its "miałki cukier", fine sugar, is given as caster sugar, and its "groch surowy", raw peas, as dry peas. The butter for the tin is in its method only. The apples are not in recipe 81 itself, which says to prepare them "in the way given above": the apples, butter, sugar, lemon zest, cinnamon and sultanas, and the way of stewing them, are those of recipe 80, "Szarlotka z jabłek", on the page before, which is written for six people. The source gives no amount for the water, the butter for frying, the sugar for the apples, the lemon zest ("a little") or the sultanas ("a handful"), no oven temperature beyond "a hot oven", and no size of tin.

How the recipes are chosen and converted

Sources

1. Najnowsza kuchnia wytworna i gospodarska (https://pl.wikisource.org/wiki/Najnowsza_kuchnia/Leguminy_gor%C4%85ce_i_zimne/Szarlotka_z_jab%C5%82ek_w_kruchem_cie%C5%9Bcie), Marta Norkowska; Gebethner i Wolff, Warsaw, and G. Gebethner i Spółka, Kraków; Polish Wikisource, with the scan on Wikimedia Commons, 1903.
2. M. Arcta Słownik ilustrowany języka polskiego (entry "Szarlotka") (https://pl.wikisource.org/wiki/M._Arcta_S%C5%82ownik_ilustrowany_j%C4%99zyka_polskiego/Szarlotka), Michał Arct; Wydawnictwo M. Arcta, Warsaw; Polish Wikisource, 1916.
3. 200. rocznica wprowadzenia w Królestwie Polskim "miar nowopolskich" (https://gum.gov.pl/pl/aktualnosci/kalendarium/2468,200-rocznica-wprowadzenia-w-Krolestwie-Polskim-quotmiar-nowopolskichquot.html), Główny Urząd Miar (Central Office of Measures, Poland).
4. 365 obiadów za 5 złotych (wydanie ósme poprawione i powiększone) (https://pl.wikisource.org/wiki/365_obiad%C3%B3w_za_5_z%C5%82otych/Szarlotka_z_jab%C5%82ek_w_kruch%C3%A9m_cie%C5%9Bcie), Lucyna Ćwierczakiewiczowa, published by the author; Drukarnia Aleksandra Pajewskiego, Warsaw; Polish Wikisource, 1871.
5. Najnowsza kuchnia wytworna i gospodarska: recipe 80, "Szarlotka z jabłek" (https://pl.wikisource.org/wiki/Najnowsza_kuchnia/Leguminy_gor%C4%85ce_i_zimne/Szarlotka_z_jab%C5%82ek), Marta Norkowska; Gebethner i Wolff, Warsaw, and G. Gebethner i Spółka, Kraków; Polish Wikisource, with the scan on Wikimedia Commons, 1903.
6. M. Arcta Słownik ilustrowany języka polskiego (entry "Funt") (https://pl.wikisource.org/wiki/M._Arcta_S%C5%82ownik_ilustrowany_j%C4%99zyka_polskiego/Funt), Michał Arct; Wydawnictwo M. Arcta, Warsaw; Polish Wikisource, 1916.
7. Polska administracja miar: vademecum (in Polish) (https://www.gum.gov.pl/ftp/pdf/vademecum_z_oklad-popr.pdf), Główny Urząd Miar (Central Office of Measures, Poland), Warsaw, 2015.

From The World of Apples, apple.io/recipes/szarlotka/