

Tarte tatin - Upside down pear tart

Cuisine: **French**
Food category: **Desserts**



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Program steps

Preheating:

195 °C

1


 Hot air


 100 %

 Termination by time

 00:20 hh:mm

 180 °C

 100 %



Ingredients - number of portions - 8		
Name	Value	Unit
puff pastry	500	g
pears peeled	7	pcs
butter soft	130	g
fine sugar	160	g

Nutrition and allergens	
Allergens: 1, 7	
Minerals: Ca, Co, Cu, F, Fe, I, K, Mg, Mn, Na, P, Zn	
Vitamins: A, B, C, D, E, K	
Nutritional value of one portion	Value
Energy	465.1 kJ
Carbohydrate	42.6 g
Fat	31.6 g
Protein	3.9 g
Water	0 g

Directions

Roll out the dough between two sheets of baking paper, pierce it with a fork, cover and put it back in the fridge.

Meanwhile, peel the pears, cut them into quarters and remove the cores. In the place where the core was, cut them flat.

Put the butter in a large non-stick frying pan (25-28 cm in diameter) with a heavy bottom and a heatproof handle and heat it over a medium heat. Using a spatula, spread the butter over the entire surface of the pan. Sprinkle sugar and wait until it dissolves. Then remove the pan from the heat.

Straighten out the pears in the pan, ideally all around. If you have too many pears, cut some more to fill any gaps in the pan. This way you can easily find out how many pears you really need and whether they will cover the entire surface of the cake.

Place the pan over medium heat and wait until the butter and sugar start bubbling. Start stirring and cook for about 15 minutes to soften the pears and coat them in caramel. Regulate the flame at the same time - if it is too low, the pears will not be cooked; if it is too high, the caramel will start to burn (you can add a little water if necessary, but the pears will release their juice). Be careful, everything is hot. Turn off the heat.

Remove the dough from the refrigerator and let it come to room temperature.

Preheat the convection oven to 180°C and line the tray with baking paper.

Flatten the pears in the pan with a wooden spoon, let stand for 5 minutes and then cover with the dough - tuck the edges under the pears.

Place the pan on a rack or baking tray and bake for 15-20 minutes until the pastry is golden.

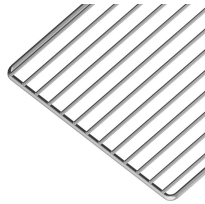
Remove the cake and let it rest for a while. Loosen the edges of the dough with a knife.

Place a wooden board or a plate on top of the cake and very carefully and quickly turn the pan upside down. Excess caramel may come out during turning so be careful. Lift the pan and you should have nice mosaic of caramelised pears on top.

Recommended accessories



Vision Pan



Stainless wire shelving