

tarte tatin recipe mary berry

tarte tatin recipe mary berry is a delightful twist on the classic French dessert that has captured the hearts of many home bakers. This upside-down caramelized apple tart is not just visually stunning; it also offers a perfect balance of sweetness and tartness, making it a favorite for gatherings and special occasions. Renowned British chef Mary Berry has her own unique take on this traditional recipe, which combines simplicity with rich flavors. In this article, we will explore Mary Berry's tarte tatin recipe, the history of this iconic dessert, tips for perfecting your tart, and serving suggestions that will impress your guests.

The History of Tarte Tatin

Tarte Tatin has an interesting history that dates back to the late 19th century in France. According to popular legend, the dessert was created by accident at the Hôtel Tatin in Lamotte-Beuvron. The story goes that one of the Tatin sisters, Stéphanie, was preparing an apple pie but accidentally cooked the apples in butter and sugar too long. To salvage the dish, she placed the pastry over the caramelized apples and baked it in the oven. The result was a delicious upside-down tart that quickly gained popularity.

Over the years, Tarte Tatin has become a staple in French cuisine and has been embraced by chefs worldwide. Mary Berry, a beloved figure in British cooking, has adapted this classic recipe, making it accessible for home bakers while retaining its authentic flavors.

Mary Berry's Tarte Tatin Recipe

Mary Berry's tarte tatin recipe is straightforward yet yields a beautifully caramelized dessert. Below is a step-by-step guide to creating this delicious dish in your own kitchen.

Ingredients

To make Mary Berry's Tarte Tatin, you will need the following ingredients:

- 6 large cooking apples (such as Bramley or Granny Smith)
- 100g (3.5 oz) unsalted butter
- 150g (5.3 oz) caster sugar
- 1 teaspoon vanilla extract
- 1 sheet of ready-rolled puff pastry
- Flour, for dusting

Equipment

Before you start, gather the following equipment:

- Oven-proof frying pan (approximately 20-23cm in diameter)
- Rolling pin
- Sharp knife

- Chopping board
- Serving plate

Instructions

Follow these steps to create Mary Berry's delicious Tarte Tatin:

1. **Prepare the Apples:** Peel, core, and cut the apples into quarters. If using Bramley apples, you might want to cut them into smaller pieces as they tend to break down more than firmer varieties.
2. **Make the Caramel:** In your oven-proof frying pan, melt the butter over medium heat. Add the caster sugar and stir continuously until the mixture turns a golden caramel color. Add the vanilla extract.
3. **Add the Apples:** Carefully arrange the apple quarters in the caramel, packing them tightly. Cook for about 10 minutes until the apples begin to soften. You can gently turn the apples to ensure they are coated evenly with the caramel.
4. **Prepare the Pastry:** While the apples are cooking, preheat your oven to 200°C (400°F). Roll out the puff pastry on a lightly floured surface to fit over your frying pan. Make sure it's large enough to cover the apples completely.

5. **Assemble the Tart:** Once the apples are softened, remove the frying pan from the heat. Carefully place the puff pastry over the apples, tucking the edges down around the apples.
6. **Bake:** Place the frying pan in the preheated oven and bake for 25-30 minutes until the pastry is golden brown and puffed up.
7. **Invert the Tart:** Remove the tart from the oven and let it cool for a few minutes. Carefully invert the tart onto a serving plate, ensuring that the caramelized apples are on top. Be cautious, as caramel can be very hot.
8. **Serve:** Allow the tart to cool slightly before serving. It is delightful when served warm with a scoop of vanilla ice cream or a dollop of crème fraîche.

Tips for the Perfect Tarte Tatin

Creating the perfect Tarte Tatin can be a rewarding experience. Here are some tips to ensure your tart turns out beautifully:

Choosing the Right Apples

- Opt for tart cooking apples like Bramley, Granny Smith, or even Honeycrisp. These varieties hold their shape well and provide the right balance of sweetness and acidity.

Caramel Consistency

- Pay close attention to the caramel. It should be a golden amber color before adding the apples. If it's too dark, it can taste bitter.

Don't Rush the Cooking

- Allow the apples to soften in the caramel before adding the pastry. This step is crucial for achieving that melt-in-your-mouth texture.

Serve with Accompaniments

- Pair your Tarte Tatin with a scoop of vanilla ice cream, whipped cream, or crème fraîche to enhance its flavors. A sprinkle of cinnamon or a drizzle of caramel sauce can also add a special touch.

Conclusion

Mary Berry's Tarte Tatin recipe is a fantastic way to impress friends and family with your baking skills. With its rich history, simple ingredients, and stunning presentation, this upside-down apple tart is sure to become a favorite in your dessert repertoire. Whether you're celebrating a special occasion or simply indulging in a sweet treat, this recipe is a delightful choice that brings a taste of France into your home. So roll up your sleeves, gather your ingredients, and get ready to create a masterpiece that will leave everyone asking for seconds!

Frequently Asked Questions

What ingredients do I need for Mary Berry's Tarte Tatin recipe?

You will need puff pastry, apples (such as Bramley or Granny Smith), unsalted butter, sugar, and lemon juice.

Is Mary Berry's Tarte Tatin recipe suitable for beginners?

Yes, Mary Berry's Tarte Tatin recipe is beginner-friendly as it provides clear instructions and uses basic techniques.

How do I ensure my Tarte Tatin has a perfect caramel?

To achieve a perfect caramel, cook the sugar and butter slowly until it turns a golden brown, then add the apples promptly to avoid burning.

Can I use a different type of fruit in Mary Berry's Tarte Tatin?

Yes, while traditional Tarte Tatin uses apples, you can experiment with pears or peaches for a variation.

What should I serve with Mary Berry's Tarte Tatin?

It is delicious when served warm with a scoop of vanilla ice cream or a dollop of crème fraîche.

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