

THE

CrossFit

KITCHEN



TARTE TATIN

by Nick Massie

overview

Not for regular consumption, this holiday treat is a rare reward for people who spend the majority of their time hitting workouts and eating for performance.

ingredients

- 12 Granny Smith apples, peeled, cored and quartered
- 1 cup granulated sugar
- 1 cup unsalted butter (preferably grass-fed)
- 2 sheets puff pastry, thawed in refrigerator overnight or on the counter (turn regularly) for 40 minutes
- Enough flour to prevent puff pastry from sticking to work surface
- Vanilla ice cream, as desired
- Whipped cream, as desired
- Fresh mint tips, rinsed

directions

1. Smear butter onto the bottom of a 14-inch cast-iron skillet and sprinkle sugar overtop.
2. Arrange apple quarters in a spiral pattern, starting in the center and keeping in mind that the design pressed into the butter and sugar will be face up when the tarte is finished.
3. If you run out of room for the apples, slice the remaining pieces and place them in the nooks and crannies on the top.
4. Place skillet over medium-high heat and cook for about 20 minutes, moving the center of the flame to a different area of the pan every 5 minutes to ensure even caramelization.
5. Once the caramel bubbling through the apples turns golden brown (approximately 20 minutes), transfer the pan to an oven preheated to 425 F and cook for 20 minutes.





6. While apples are in the oven, prepare a “patchwork quilt” of puff pastry. Be sure to flour the work surface liberally and keep the dough as cool as possible. If you have it rolled out before the apples have cooked for 20 minutes, fold it in parchment paper and store in the refrigerator. The quilt needs to be large enough to cover the top side of the skillet.
7. After the skillet has been in the oven for 20 minutes, remove it and place the puff-pastry quilt over the top. Cut away square corners and leave parchment attached if it is sticking to the dough. It will come off easily after a few minutes of baking.
8. Return the skillet to the oven and bake for 20 additional minutes. The pastry will puff up substantially during this time.
9. When the top is golden brown, remove tarte from the oven and allow it to rest for 15 minutes.
10. Place a cutting board or sheet pan over the top of the skillet and invert tarte onto the board/sheet pan. Transfer any bits that have stuck to the pan to the top of the tarte, making sure to invert them so they match the fancy design on the top of the apples.
11. You can reserve the tarte whole and cut at time of service or cut and serve immediately (highly recommended).
12. Serve with vanilla ice cream, freshly whipped cream and mint tips as desired. Earn your ice cream with a workout.