

# Apple Day 2009

Sunday 18<sup>th</sup> October

In the Walled Garden Marquee, Shenley Park, Radlett Lane, Shenley,  
Herts, WD7 9DW.

A fun family day 12-5pm, many varieties of apple to try and buy, apple juicing, apple trees and produce to buy, apple games and competitions.

Admission adults £1.50, children free but must be with an adult

## ADULT COOKERY COMPETITION-Caramel custard apple tart

For the pastry:

- 250g plain flour, plus extra for dusting
- 50g icing sugar, sifted
- 125g good-quality cold butter, cut into small cubes
- 1 large egg, beaten
- a splash of milk
- flour, for dusting

For the filling

- 140g golden caster sugar
- 8 eating apples, peeled, cored and cut into wedges
- Splash of brandy (optional)
- 250ml carton double cream
- 4 egg yolks beaten

Sieve the flour and icing sugar into a large bowl. Using your hands, work the cubes of butter into the flour and sugar by rubbing your thumbs against your fingers until you end up with a fine, crumbly mixture. Add the eggs and milk to the mixture and gently work it together till you have a ball of dough. Pat it into a flat round, flour it lightly, wrap it in cling film and put it into the fridge to rest for at least half an hour. Heat oven to 220C/fan 200C/gas 6.

Roll out the pastry on a lightly floured surface until just thicker than a £1 coin. Use to line a 23cm deep tart tin, allowing the spare pastry to hang over the edges. Line the tart with greaseproof paper and baking beans, then bake for 15 min until golden around the edges. Remove the beans and continue to cook for 5 mins until the base is golden brown. Remove the tart from the oven and leave to cool. Reduce the oven temperature to 160C/ fan 14C/gas 3.

Meanwhile, tip the sugar into a large frying pan over a moderate heat. Cook the sugar until it dissolves bubbles and caramelises. Carefully tip the apple wedges into the caramel and toss until coated. Splash in the brandy, if using, then cook the apples for 2-3 mins until just starting soften and the caramel has dissolved in the apple juices.

Turn off the heat and remove the apples to a bowl. Pour the cream into the pan then, holding a sieve over the pan, strain in any juices from the apples. Gradually whisk the caramel sauce into the beaten yolks. Arrange the apples over the base of the tart, pour over the custard, then bake for 40 mins until the custard is just set. Leave the tart to cool, then use a knife to cut away the spare pastry and neaten the edges.

Entry to the competitions is free, great prizes to be won, although not necessary it would help us if you could let us know if you are planning on entering  
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## ADULT COOKERY COMPETITION Caramel custard apple tart

For the pastry:

- 250g plain flour, plus extra for dusting
- 50g icing sugar, sifted
- 125g good-quality cold butter, cut into small cubes
- 1 large egg, beaten
- a splash of milk
- flour, for dusting

For the filling

- 140g golden caster sugar
- 8 eating apples, peeled, cored and cut into wedges
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## CHILDRENS COOKERY COMPETITION- Apple and Blackberry Loaf

- 250g self-raising flour
- 175g butter
- 175g light muscovado sugar
- ½ tsp cinnamon
- 2 rounded tbsp demerara sugar
- 1 small eating apple, such as Cox's, quartered (not cored or peeled)
- 2 large eggs, beaten
- 1 orange, finely grated zest
- 1 tsp baking powder
- 225g blackberries

Preheat the oven to 180C/gas 4/fan 160C. Butter and line the bottom of a 1.7 litre loaf tin (see tip below). In a large bowl, rub the flour, butter and muscovado sugar together with your fingers to make fine crumbs. Measure out 5 level tbsp of this mixture into a small bowl for the topping, and mix in to it the cinnamon and demerara sugar. Set aside.

Coarsely grate the apple down to the core and mix in with the eggs and the zest. Stir the baking powder into the rubbed-in mixture in the large bowl, then quickly and lightly stir in the egg mixture until it drops lightly from the spoon. Don't overmix.

Gently fold in three quarters of the berries with a metal spoon, trying not to break them up. Spoon into the tin and level. Scatter the rest of the berries on top. Sprinkle over the topping and bake for 1¼ -1 hour 20 minutes. Check after 50 minutes and cover loosely with foil if it is browning too much. When done the cake will feel firm, but test with a skewer.

Leave in the tin for 30 minutes before turning out, then cool on a wire rack. Peel off the paper before cutting. Will keep wrapped in foil or in a tin for up to 2 days.

A 9x20x13cm loaf tin is ideal, but if yours is shallower, the cake may cook faster, so test after an hour.

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