

HONEY BLOSSOM HONEY CRISP APPLE TART

INGREDIENTS

for the crust

2 1/2 cups all purpose flour

1 tablespoon sugar

3/4 teaspoon salt

10 tablespoons (1 1/4 sticks) chilled unsalted butter, cut into 1/2-inch pieces

1/3 cup chilled solid vegetable shortening, diced

6 tablespoons (or more) ice water

for the filling

12 apples*, quartered and then very thinly sliced. Do not peel.

3 tablespoons lemon juice

1/2 cup honey (more if your apples are super tart)

4 tablespoons corn starch

1/2 teaspoon cinnamon (optional)

1/4 cup honey, mixed with 1 tablespoon lemon juice

You will also need: two small 6 or 7 inch tart pans

DIRECTIONS

Blend flour, sugar and salt in processor. Add butter and shortening and cut in using on/off turns until mixture resembles coarse meal. Add 6 tablespoons ice water and process until moist clumps form, adding more water by teaspoonfuls if dough is dry. Gather into ball, divide and then flatten into two disks. Wrap in plastic and chill 2 hours.

In a steamer basket, over a bit of boiling water, steam the apple slices for 4-8 minutes, depending on thickness. Because you will be putting the apple slices into a small space and they do not bend well, you need to soften them a little bit to be pliable, but you do not want them to become mushy. Keep checking a slice to see if you can bend it without the slice breaking, but they are still sturdy. Once they are at that stage, remove from the steamer basket and gently combine with the lemon juice, honey, cinnamon and corn starch in a medium bowl, and toss gently to coat.

Preheat oven to 400F. Spray your tart pans with cooking spray. Roll out dough to 1/3 inch thickness. Nestle dough into the tart pan. Crimp edge and dock bottom. Carefully arrange apple splices in a circle. This is time consuming, but makes a pretty presentation. Repeat for the second tart

Bake in oven for 45-50 minutes, or until crust is browned and the apples are soft. Remove from oven and allow to sit for 20 minutes or so before serving. While tarts are cooling, combine honey and lemon juice in a small bowl and microwave for 15 seconds. Brush with a pastry brush to give the tart a nice sheen.

* I used honey crisps, hence the name of the pie, but red delicious are fine too.