

la bella vie



Puff Pastry Pear Tart Recipe

Ingredients

PEAR TART

1 round store-bought puff pastry sheet (I used a rectangle puff pastry, thawed.)
1/2 cup (120 ml) unsweetened apple sauce
1/2 tsp cinnamon
1/8 tsp ginger
1/8 tsp nutmeg
2 ripe pears (I like to use a combo)
1 Tbsp (15 ml) sugar
3 Tbsp (30 ml) 2-3 Tablespoons of apricot jam heated to liquify
1 egg (for egg wash)
Turbinado sugar for garnish

WHIPPED CREAM

2 cups (480 ml) heavy cream or heavy whipping cream
2 tbsp (30 ml) refined sugar
1 tsp (5 ml) vanilla extract
2 Tablespoons Fresh Chopped Parsley

Instructions

Preheat oven to 400F (200C).

Roll out puff pastry and place on a rimless cookie sheet lined with pre-cut brown parchment paper. Be sure to prick the crust with a fork in the center circle to keep the pastry from puffing in the center.

Mix the apple sauce, cinnamon, nutmeg, and ginger. Spoon this mixture across the center circle, creating a base for your tart. Stay away from the edges.

Slice off all sides of the pears, avoiding the core, in 1 slice motions. You will have 2 large sides (the hips of the pear) and 2 smaller sides, leaving you with the rectangular core.

Put the hip cut pears flat-side down and slice very thin, 1/8" thick slices. Keep the slice order and arrange the pear slices exactly as they are, creating a ring pattern. Continue to fill in a new row until you get to the center. Leave at least a 2" area of pastry around the pears for folding in.

Save smaller pear cuts to create a splayed pear fan for the center.

Fold in the sides of the puff pastry to form a rustic circle.

Bake in a 400-degree oven for 35 minutes.

Allow to slightly cool and brush while still warm with the apricot jam. Then sprinkle with turbinado sugar

Prepare whipped cream by combining heavy cream, sugar and vanilla, whip until soft peaks form. This takes 10-15 minutes if using a wire whisk.

Slice tart, add a dollop of whipped cream, and ENJOY!