

法式蘋果撻

French apple tarts with mace

份量：4 件

熱量：每份 325 卡路里

每份 265 卡路里 (不含乳酪醬)



基本材料：

低脂酥皮	200 克
杏脯果醬	2 湯匙
大青蘋果	2 個 (300 克)
半脂奶	1 湯匙
粒狀甜味劑	2 茶匙
肉桂粉	1/2 茶匙
肉豆蔻	1/2 茶匙

乳酪材料：

脫脂希臘乳酪	125 克
楓糖漿	2 湯匙
奇亞籽	2 茶匙

烹飪步驟：

1. 先準備乳酪材料。將脫脂希臘乳酪倒入小碗中，加入楓糖漿和奇亞籽拌勻。蓋上保鮮紙，放進雪櫃雪兩小時。放過夜更佳。
2. 焗爐預熱至 200 度。在烤盤鋪上焗爐紙。
3. 酥皮切成四份，每份約 10 x 13 厘米。放入烤盤。
4. 杏脯果醬分成四份，均勻地塗在酥皮上，可用匙羹背鋪平。四邊預留 1 厘米空位。
5. 一個青蘋果切成四份，去核，然後切成薄片。蘋果片鋪在果醬上面，疊成「之」字型。在酥皮邊掃上少少半脂奶。
6. 拌勻甜味劑、肉桂粉和肉豆蔻。撒在蘋果撻上。放進焗爐焗 15-20 分鐘，直至變成金黃色及鬆脆。
7. 上碟。旁邊放乳酪伴碟。

French apple tarts with mace

Serving : 4

Calorie: 325 per serving

265 without the yoghurt

Basic Ingredients:

Ready-rolled light puff pastry	200g
Apricot jam	2 tbsp
Large sharp-tasting, green eating apples	2 (300g)
Semi-skimmed milk	1 tbsp
Granulated sweetener	2 tsp
Ground cinnamon	½ tsp
Ground mace	½ tsp

For the yoghurt:

Greek yoghurt (0% fat)	125g
Maple syrup	2 tbsp
Chia seeds	2 tsp

Procedures:

1. For the yoghurt, in a small bowl, mix together the yoghurt, maple syrup and chia seeds. Cover and chill in the fridge for 2 hours, or overnight if you have the time.
2. Preheat the oven to fan 200°C/gas 6. Line a baking tray with baking parchment.
3. Cut the puff pastry into 4 equal pieces, about 10 x 13cm. Lay them on the lined baking tray.
4. Divide the jam between the 4 pieces of pastry and spread out with the back of a spoon, leaving a 1cm clear margin all the way around.
5. Quarter the apples, cut out the core, then slice thinly. Lay the apple slices, overlapping, on top of the jam. Brush the exposed edges of the pastry with the milk.
6. Mix together the sweetener, cinnamon and mace, then sprinkle liberally over each apple tart. Bake in the oven for 15–20 minutes until the pastry is golden brown and crispy.
7. Serve the apple tarts with a generous spoonful of the flavoured yoghurt on the side.