

UPSIDE-DOWN APPLE PIE

Ingredients:

8 Tbsp. sugar
6 Tbsp. flour
4 apples, peeled and quartered
a pre-made pie crust
crème fraîche.(optional)¹

In a saucepan, melt the butter with the sugar. Boil 2-3 min. over medium heat until the mixture becomes a light caramel colored. Pour it into a pie dish. Place the apple quarters in the pie dish rounded side down and bake at 350 degrees for 30 min. At this stage, cooking can be stopped and pie held until just before serving to cook the crust. Place the pie crust over the apples. Bake for 10 min. in a 400-degree oven. Unmold immediately on a serving platter and serve warm with crème fraîche. Serves 8.

ACTIVITÉS

1. What varieties of apples can you find in your supermarket? Prepare a version of this recipe with several varieties and have a tasting. Which is driest? Juiciest? Sweetest?
2. With what over fruits could this recipe be made?
3. Search on-line for other French pie recipes. What do they have in common? What are the different variations you find?
4. Search on-line to find the origin of this dish. Where does the name Tatin come from?
5. What differences are there in a pie with the crust on top and one with it underneath?

Notes

¹ *Crème fraîche* is whole cream which has not had all the bacteria which make it thicken removed. It is not always found in the U.S. You can make a substitute by mixing equal parts heavy cream and sour cream at room temperature. Refrigerate before using.