

Tasty Apple Tart

I am often asked what I eat at home, and here I am to share one of my favorite desserts, I really love the simplicity of this recipe and it is not too sweet or too complex. You see, I also dearly love apple pie, but after a hard days work and traveling I haven't got time to make the pastry and let it rest for a wee while. I do the next best thing then, I use a lovely frozen puff pastry.

12 oz frozen puff pastry, thawed (available in the frozen section of your supermarket)
4 fairly tart apples
2 tablespoons butter, melted
Sprinkle of sugar with just a little bit of cinnamon.

It is really important when working with puff pastry that the oven is as hot as a beautiful day at the nearest sunny beach, so I set my little baking box (the oven) at 450F. Next, unwrap the pastry on a floured tabletop, ever-so-gently unfolding it. Take your rolling pin or a wine bottle and roll it out to $\frac{1}{4}$ of an inch thick. Cut the pastry into 6 small squares. Now take the pastry and feel it between you finger and your thumb. It should feel like fine spun cloth, from the finest seamstress in town. With your sharpest knife, cut the rectangular pastry into 6 even pieces or just follow your heart and do whatever you wish. You may even want to leave it as one whole piece.

Next, take a moment to look at the sheer beauty and the simplicity of this seductive fruit, the apple. Look at the soft skin that shines so brightly, it is pure beauty in its most natural form. I can only imagine that your delicate lips want to gently embrace its cheeks, but unfortunately the apple is going to give you satisfaction in a different way. Using your peeler, peel each apple from the top down, holding the apple between your thumb and forefinger, while turning it round. See if you can make the apple skin coil within one go-around. Next, with your sharp knife, cut the apple in half and then in quarters. Ever-so-carefully cut out the cores and carve the quarters in to slender slices. Take one of the slices and tenderly place it on your tongue. Gently swirl it along the top of your palate and then chew it slowly. I know what you're thinking; this is possibly the best apple your tongue has ever succumbed to.

Take the apple slices and place them into a bowl and lather them generously with some melted butter and condition them with a sprinkle of sugar and just a hint of cinnamon. Not too much because we don't want to lose that delicate taste we have just savored. Place the pastries on a greased oven tray. Arrange the apples on top of the pastries and pop them in the oven until they are golden brown and crisp. This takes approximately ten to fifteen minutes.

When they come out of the oven, place them onto the stove top, close your eyes and inhale the sweet smell that emanates from these light puffs. Now mate this pastry with its favorite companion by placing a hearty helping of voluptuous vanilla ice cream on top. Now take your work of art, kick off your shoes, and curl up on the sofa. Savor each mouthful as you realize that life is yummy.