Open-Faced Apple Tart

This yummy dessert is full of coconut flava.

June 5, 2013 By Constance Brown-Riggs

2½ cups pastry flour
¼ cup sugar
¾ cup coconut oil
1 large egg yolk
3 oz. ice-cold water
1 tsp salt
3 medium Granny Smith apples
½ cup sugar
1 tbsp cinnamon
1 cup raisins
1 egg
¼ cup crystal sugar

Mix to combine the flour, sugar and salt.

Break the coconut oil into walnut- sized pieces and mix into the flour until the mixture looks like small peas.

Add in the ice-cold water and mix to form a rough-looking dough. Knead on a work surface until a smooth dough is formed. Form into a log, 2 to 3 inches in diameter. Allow the dough to rest, wrapped and refrigerated.

While the dough is resting, peel, core and cut the apples into 1-inch pieces. Mix with the raisins, cinnamon and sugar.

Portion the dough into quarters and roll each portion into a circle 7 inches in diameter. Place a quarter of the fruit mixture into the center of each circle of dough and fold the edges of the dough up over the fruit, leaving the center of the tart exposed.

Whisk the egg and brush each tart with the egg wash, sprinkle with the crystal sugar and bake at 375° until golden and the fruit has softened, approximately 15–20 minutes.

This coconutty delight is chock full of calories, so you'll want to satisfy your sweet tooth with one-half tart.

Nutrient analysis per half tart serving:
Calories: 375; total fat: 16 grams; saturated fat: 13 grams; cholesterol: 50 mg; sodium: 190 mg; protein: 4 grams; carbohydrate: 59 grams.

Makes 6 tarts
Recipe courtesy of chef Richard A. Amster

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http://beta.docker.realhealthmag.com/article/apple-tart-24037-8883