

Peach Tarte Tatin 酥皮桃果塔



Serving 份量: 4

Ingredients 材料

1.	Peach 桃	4 隻
2.	Raw sugar 糖	50 g 克
3.	Shao Xing wine (Chinese sweet cooking wine) 紹興酒	50 ml 毫升
4.	Butter 牛油	25 g 克
5.	Frozen puff pastry sheet 酥皮	1 張 (25 cm 厘米 x 25 cm 厘米)

1. Peel the skin off and pit the peaches. Then cut them into halves or quarters. I cut mine into quarters as mine are clingstone peaches from our garden. If you have freestone peaches, halves have a better presentation.
將桃去皮去核，切成一半或四分之一。切成一半賣相會較佳。但我家園子裡的是粘核桃，難切成一半。

2. Preheat oven to 190 °C.
將焗爐預熱至攝氏 190 度。
3. Leave the frozen puff pastry sheet in room temperature for about 20 minutes to defrost.
從冰箱取出酥皮，放室內約 20 分鐘解凍。
4. Get an oven-proof skillet. You will have to put the whole skillet into the oven and therefore, make sure there are no plastic parts. The skillet should be of a size smaller than the pastry – a few cm smaller on each side. The base of my skillet is 19 cm x 19 cm.
用一隻可放入焗爐內的鍋，因煮好材料後要整隻鍋放入焗爐內，不能有塑料。鍋的大小要比酥皮的小，每邊小數厘米，我的鍋底部是 19 厘米 x 19 厘米。

5. Put sugar, wine and butter into the skillet. Cook the sugar, wine and butter over medium heat until the sugar dissolves and caramelised like toffee. (The original recipe uses Calvados but I only have Shao Xing wine at home.)



將糖、酒及牛油放進鍋裡，以中火煮至糖溶解及變成焦糖。(原食譜用百蘭地，但我家中只有紹興酒。)

6. Put the cut peaches into the skillet. Toss to coat the peaches with caramel.
將桃放入鍋中，攪勻沾上焦糖。



7. Arrange the peaches with the round side down. As water will get out from the peaches, keep cooking until the caramel becomes thick again.
將桃塊排好，圓面向下。桃在煮的時候會釋出水份，所以要耐心煮至水成焦糖。



8. Put the puff pastry sheet on top.
將酥皮蓋在上。



9. Tuck pastry into the edges. Be mindful not to burn your fingers. Make a few slits in the pastry to allow steam to escape.
將四邊壓下，使派成型。用刀將酥皮刺穿，造孔讓蒸汽排走。



10. Bake for 25–30 minutes until golden.
放入焗爐焗 25 至 30 分鐘至金黃色。



11. Leave to cool for a few minutes until it is not too hot to handle. But don't let it cool or the caramel will stick to the skillet. Put a plate larger than the skillet on top and turn the tart upside down.



P.S. The tart is not burnt. It is the caramel that makes the edges look dark.

取出，數分鐘後在鍋上蓋上大碟，將鍋和碟一同反轉，將果塔放於碟中。不應將果塔放在鍋中待涼，因焦糖冷卻後會附在鍋底，難以取出。

註：圖中果塔的四邊沾了焦糖，致顏色較深。

12. Cut with a sharp knife into quarters. Enjoy hot or cool. Some also serve it with ice cream on top.

用刀切成四份，可熱吃或涼吃，更可伴以雪糕同吃。