



BOSCH
Invented for life



Savoury Apple Chicken Tart

Overview

Difficulty: Hard

Servings: 1-2

Preparation Time: 30 mins

Cooking Time: 30 mins

Ingredients

Apple filling:

- 60g of large onion, chopped finely
- 60g of celery, chopped finely
- 200g of carrot, cut into small cubes
- 200g of minced chicken breast meat
- 2 Granny Smith apples, skinned & cut into small cubes (200gm)
- 1 tablespoon of plain flour
- 1 tablespoon of butter
- 4 tablespoons of milk
- 100 - 200ml of water
- ½ teaspoon of salt
- A dash of white pepper
- A dash of black pepper
- A pinch of mixed spices
- A sprinkle of dried basil
- 1 bay leaf
- 40g of grated Parmesan cheese

For the topping:

- Half packet ready-to-bake puff pastry (for the trellis topping)
- 1 egg for glazing before baking
- Warmed apricot jam for final glazing
- Finely sliced spring onions

For the tart pastry:

- 180g of salted butter
- 420g of plain flour, sifted
- 100ml of water
- ¼ teaspoon of salt

Methods

1. To prepare the filling, pan-fry onions with butter until soft. Add celery and carrot, fry a while. Stir in flour, cook for a few minutes.
2. Add milk, water, meat and seasoning. Then add apple cubes. Simmer until moist. Cool filling before using. Mix in Parmesan cheese and more salt to taste.
3. To make the tart pastry, cream the butter and salt until light and creamy, using the Bosch MUM4 Kitchen Machine. Fold flour into the butter and add water to form a dough. Cover the dough with cling wrap. Let the dough rest in fridge for 30 mins.

4. Mould the dough into tartlet tins. Fill tartlets with the meat filling.
5. Roll out the puff pastry into a thin sheet. Cut into thin strips, arrange over the tartlets in a trellis pattern.
6. Brush top with beaten egg to glaze. Bake at 180°C for 25 to 30 mins until golden brown. Leave to cool for a few minutes.
7. Remove tarts from the tins. Brush with warmed apricot jam and sprinkle with spring onions. Serve warm.

Product Used

Food Processor MCM4100

The clever compact food processor for cooking and baking – space-saving thanks to a useful accessories drawer and versatile with over 35 functions

