

BC PEAR TART TATIN



Yields:

One 9" tart (8 servings)



INGREDIENTS

1 Sheet	Puff Pastry	1 Sheet
2	BC Pears, peeled & cored	2
3 tbsp	Butter, unsalted	50 g
3/4 cup	Sugar, granulated	150 g

DIRECTIONS

1. Pre-heat oven to 400° F.
2. Lay the pastry on a cutting board, and then use an ovenproof 9" frying pan to cut a circle out of the puff pastry. Place the pastry in the refrigerator until needed.
3. Place butter and sugar in the frying pan and heat until the sugar caramelizes (turns into a golden brown syrup).
4. Carefully arrange pears in the sugar. Simmer for 3 minutes more. (You will see the pear juices release.)
5. Remove from the heat and cover the contents of the pan with the precut circle of puff pastry.
6. Place the pan in the preheated oven for 12 to 15 minutes or until pastry has puffed up and is golden brown.
7. Remove the pan from the oven and let rest for 5 minutes.
8. Carefully place a large plate or platter upside down on the pastry, and then holding both the pan and plate turn it over. The pastry will now be on the bottom with the pears on top.
9. Cut into 8 slices.



CHEF'S TIP

When caramelizing sugar, always use extreme caution to avoid severe burns.

BC AG FACT

Of the 5000 pear varieties grown worldwide, Bartlett pears are the most popular. Bartlett pear trees can still produce fruit after 100 years.