

TASTING

Serve warm, accompanied by your red wine, slightly chilled (61°F).

Jean-Marie's tip

Halfway through baking the pastry, remove the weights and brush the base of the tart with egg white, then return to the oven for a few minutes. This step ensures that the pastry is completely sealed and remains crisp.



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Family Recipes

THE HENRI BOURGEOIS PAIRINGS



Traditional apple pie and Floating island
&
d'hOrées (late harvest)

BY JEAN-MARIE BOURGEOIS

Traditional apple pie and Floating island

For 6 people

Preparation · 1h · Cookin time · 45 min · Resting time · 1 nuit



INGREDIENTS

For the apple pie

- 2.2 lb apples
- 1 lemon
- 1 tbsp cane sugar
- 1 shortcrust pastry
- 3 tbsp tapioca
- ¼ cup almond powder
- 3 eggs
- 1 tbsp sugar
- 3 tbsp melted butter
- Ground cinnamon

For the glaze

- 15 cl grape marc brandy
- 1 sachet agar-agar

For the floating island

- 6 eggs
- 2 tsp cane sugar
- 1 pinch of salt
- 2 cupss whole milk
- 1 cup semi-skimmed milk
- 2 vanilla pods

PREPARATION

1. Prepare the apples (*prepare the day before*)

Peel the apples, remove the cores, and cut them into quarters. Place them in a bowl, add the lemon juice, and sprinkle with sugar. Mix, cover with plastic wrap, and leave to drain overnight in the refrigerator.

2. Prepare the floating island

Separate the egg whites from the yolks. Beat the yolks with the sugar until pale. Beat the egg whites with a pinch of salt until stiff.

In a saucepan, heat the milk with the whole vanilla pods and leave to infuse for 5 min. Remove the pods, split them, scrape out the seeds and return them to the milk. Poach large spoonfuls of egg whites in the hot milk, one minute on each side. Remove carefully and set aside the floating islands. Keep the rest of the beaten egg whites.

3. Prepare the custard sauce

Pour the hot milk over the egg yolk and sugar mixture, whisking continuously. Add the rest of the beaten egg whites. Return everything to the saucepan and cook over low heat, stirring until it reaches 185°F, without boiling, until thickened. Pour the custard into bowls and place a floating island on each portion. Set aside.

4. Prepare the apple pie

Line a tart pan with the dough and blind bake with weights, then remove the dough from the oven. Sprinkle the bottom of the tart with tapioca and ground almonds, then arrange the apple slices.

In a bowl, prepare the egg, sugar, and melted butter mixture. Brush the apples with this mixture. Sprinkle with cinnamon and a little cane sugar. Remove the excess dough from the edges. Bake for 45 min at 300°F.

5. Prepare the glaze

In a saucepan, heat the brandy with the agar-agar. Bring to a simmer, then flambé. Immediately pour the hot topping over the tart. Leave to cool completely. Serve the tart well chilled, accompanied by the floating island and custard.