

Apple–Walnut Custard Slab Tart

Pan: 20 × 20 cm

Yield: 9 squares (serves 6–9)

Ingredients

Flaky Pastry Crust

- 200 g all-purpose flour
- 3 g salt (½ tsp)
- 120 g cold unsalted butter (cubed)
- 1 large egg yolk
- 2–3 T ice water (30–45 g)



Apple–Walnut Layer

- 600–650 g apples (peeled, thinly sliced 3–4 mm)
- 40 g walnuts (roughly chopped)
- 30 g sugar
- 1 tsp flour (3 g)
- ½ tsp ground cinnamon
- Pinch ground nutmeg

Light Custard

- 2 large eggs
- 60 g sugar
- 120 ml milk or soy milk (≈120 g)
- ¼ tsp almond essence
- Pinch salt

Instructions

1. **Make the dough:** Mix **flour** and **salt**. Cut in **butter** until pea-sized. Add **egg yolk**. Add just enough **ice water** to form a shaggy dough.
2. **Chill:** Press into a 2 cm-thick square, wrap, and **chill 30–60 minutes**.
3. **Prepare pan + crust:** Roll dough to fit the 20 × 20 cm pan. Press into pan with a small overhang if possible. Dock well with a fork. **Chill 15 minutes**.
4. **Blind bake:** Bake at **180°C** for **12–15 minutes** until the crust is set (not browned).
5. **Apple layer:** Toss **apples** with **sugar**, **flour**, **cinnamon**, **nutmeg**, and **walnuts**. Spread evenly over warm crust.
6. **Custard:** Whisk **eggs**, **sugar**, **milk**, **almond essence**, and **salt** gently (avoid foaming). Pour slowly over apples (apples should remain visible).
7. **Bake:** Bake at **170°C** until custard is set with only a slight wobble in the center, **35–40 minutes**.
8. Cool: **Cool in the pan at least 1 hour before slicing** into 9 squares.

Nutrition (approx.)

Per 1 square (1/9): Kcal: 265 | Protein: 6 g | Fat: 15 g | Sat. Fat: 8 g | Carbs: 30 g | Sugars: 14 g | Fiber: 3 g | Sodium: 120 mg | Omega-3: 0.1 g

Whole slab: Kcal: 2,385 | Protein: 54 g | Fat: 135 g | Sat. Fat: 72 g | Carbs: 270 g | Sugars: 126 g | Fiber: 27 g | Sodium: 1,080 mg | Omega-3: 0.9 g

Freezing & Reheating

Freezing:

- Cool completely, then cut into squares.
- Wrap each square tightly in plastic wrap, then place in a freezer bag/container.
- Freeze up to 2 months for best crust + custard texture.

Reheating (best):

- Thaw overnight in the refrigerator.
- Warm in toaster oven or oven at 160–170°C for 8–12 minutes, just until warmed.
- Avoid microwave reheating if possible (softens crust).