

# Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

## ***Apple Flan with Honeyed Apple au Jus***

1 1/4 cups (310 mL) all purpose flour  
1/2 cup (125 mL) cold unsalted butter, cut into 1/2-inch cubes  
1/4 tsp (1.5 mL) sea salt  
2 to 4 tbsp (30 to 60 mL) ice water  
6 Northern Spy apples, peeled, cored,  
halved, and sliced 1/8- inch thick  
2 tbsp (30 mL) Ontario honey  
1 cup (250 mL) water  
3 tablespoons (45 mL) Ontario honey  
2 tablespoons (30 mL) cold farm-fresh butter, sliced thin

In a food processor, pulse together the flour, butter, and salt until most of mixture resembles coarse meal or small peas. Add ice water and pulse 2 or 3 times, or just until incorporated. Add more water if necessary to bring the dough together. Turn dough onto a floured work surface and form into a ball, wrap in plastic wrap, and refrigerate for at least 20 minutes.

Meanwhile, wash the apples well, pat them dry, and peel them, reserving the apple peelings. Slice them into 1/8- inch thick slices.

To make apple au jus, put apple peelings in a medium-sized pot, add honey and water. Bring to a boil and cook for approximately 15 minutes. Strain and set liquid aside.

Preheat oven to 375F (190C). On a lightly floured surface, roll dough into a 13-inch round and carefully fit into a 10-inch tart tin with a removable bottom and fluted rim; trim the excess. Brush the bottom of the dough with honeyed apple au jus.

Arrange the apple slices decoratively around the pastry shell, overlapping them. Drizzle honey on top of the apples, top with butter slices, and bake in the middle of the oven for



Recipe courtesy of Lynn Ogryzlo  
Photograph courtesy of Jon Ogryzlo

Episode #32: Our Favourite Fruit; Apples

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45 minutes or until the crust is cooked through and the apples are golden.

To serve, puddle apple au jus on a serving dish and lay a slice of warm apple tart over top. Makes 1 tart.

***Because What You Put In Your Body Matters!***