

Spelt tarte tatin with caramelised pears and cinnamon labneh

Takes 5 hours, serves 8 and uses an oven proof frying pan and cheese cloth with string.

INGREDIENTS

Sweet Cinnamon Labneh:

50g maple syrup

1/4 teaspoon ground cinnamon

500g plain yoghurt

Spelt Tarte Tatin:

75g golden caster sugar

75g butter

600g pears, peeled, topped and tailed, then sliced in half.

1 vanilla pod

250g spelt rough puff pastry from lepetitoeuf.com (or pre made puff pastry)

DIRECTIONS

Mix the maple syrup, cinnamon and yoghurt together. Line a sieve with your cheesecloth, then pour the yoghurt mix into it. Bring the corners together and tie up into a parcel. Leave in the fridge over a bowl to drain for a minimum of four hours, preferably overnight.

Pre heat your oven to gas mark 5, 375°F, 191°C, 171°C fan.

Place your frying pan over a medium heat, then add the butter and sugar, mixing them together in the pan until they form a gloopy caramel. Slice the vanilla pod down the middle and scrape the contents into the pan, then add the pod as well.

Place the pears in the pan, cut side up. You can re-arrange them for the final tart, so you don't need to worry about their position.

Cook for 15 minutes or until the pears are softening and nicely golden in colour, you can move them around to check.

Remove from the heat and leave to cool for 10 minutes, then arrange the pears however you want them to appear on the final tarte. Remember you are working upside down!

Roll the pastry out to 3-5mm thick, then, using a plate, cut out a circle of pastry. Lay it over the pears in the pan and tuck it in at the edges.

Place the pan in the oven for 30 minutes, by this point the pastry should be lightly browned and well puffed.

Remove from the oven, then very, very carefully invert the pan onto a plate. There will be lots of hot sugar and butter that will try to escape.

Leave to cool slightly then serve with a big dollop of the cinnamon labneh.

