

FROM KING FEATURES SYNDICATE, 300 W.
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DONNA ERICKSON'S BEST BITES
FOR RELEASE AUG. 24, 2026

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PHOTO CREDIT: Donna Erickson



Bake an Apple Tarte Tatin

Here's a simple name game to play with your kids as you prepare this treat: Think of food and recipes named after people. There's Melba toast named after Nellie Melba, a famous Australian opera singer from the 19th century; oysters Rockefeller; fettuccine Alfredo; and of course Granny Smith apples! Her apple is ideal for a quick-to-prepare dessert called Tarte Tatin, which is named after the French Tatin sisters.

While kids who are able to handle a peeler or a small knife peel core the apples, tell them that years ago in France, Stephanie Tatin was making a pie in such a hurry that she mistakenly put the apples in the pan before the pastry. She added the pastry on top so that it wouldn't go to waste. A new caramelized upside-down apple pie was created!

APPLE TARTE TATIN

Makes 8 servings

- 4-5 apples, such as Granny Smith or Golden Delicious
- 3/4 cup sugar
- 1 rolled-dough pie crust (home-made or purchased from the refrigerated section of your store)

Heat the oven to 375 F. Peel the apples, cut in half, and core with a melon baller, if you have one. Slice 2 of the halves into quarters lengthwise.

In an ovenproof 10-inch skillet, an adult should heat the sugar over medium-high heat until it begins to caramelize. Reduce to medium heat and keep an

eye on it at all times as it transforms into a golden liquid; be sure not to let it darken too much.

Remove the pan from heat and arrange the apple halves tightly, cut side down, in a circular fashion. Fill in the spaces and center with quarter slices. Cook on medium-high heat for about 10-15 minutes, or until the apples soften.

Use a fork to turn the softened apples cut side up on the skillet and carefully drape the pie crust dough evenly over the top. With a spatula, slightly tuck the dough under the apples. Poke a hole in the center with the tip of a knife.

Bake for 20-25 minutes, or until the crust is lightly golden. Remove from oven and cover the skillet with a large serving plate. Hold the pan and plate together using pot holders, and flip with a steady movement, keeping the tart in one piece. (Note: The liquid is extremely hot.) Remove skillet to reveal the dessert.

Cool. Serve with vanilla or cinnamon-spice ice cream.



Cook's Note: If you don't have an ovenproof skillet, add the caramelized sugar and semi-cooked apples to a standard greased pie pan. Cover with pie crust and continue as described above.

Donna Erickson creates relationships and community through food and fun. Find more to nourish and delight you at www.donnaerickson.com.

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