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for the most important cup
of tea you'll ever have.



Tea Day Ambassadors,
Fair City's Bryan Murray
and Una Crawford O'Brien.

Alzheimer's



May 4th
2023

Rita's Apple Tart



THE Alzheimer
SOCIETY OF IRELAND

Ingredients

- 450g plain flour
- 285g butter or margarine
- 170ml water
- 4 cooking apples

Method

1. Preheat oven to 200°C.
2. Sieve the flour, cut up the butter or margarine and rub it together with your fingertips until it looks like bread crumbs.
3. Pour in the water and combine together.
Cut a quarter of the pastry and roll it out. Fill with peeled, chopped cooking apples and sprinkle liberally with sugar.
4. Roll out another quarter for the top of the tart.
Cut around the edges with the back of a knife and with your fingers flute the edges. Pierce the top of the tart with a fork.
5. Cook in the middle of the oven for 30 to 35 minutes.

Serves 8–10 people / Makes 2 tarts.

