

Tickle your tastebuds with feel-good recipes from Dr. Olivier Courtin that help promote beautiful skin.

QUINCE, PEAR AND HAZELNUT TART

RECIPE

THE DOUGH

Mix the flour and the oil. Add the water, salt and scraped vanilla seeds. Wrap in cling film and refrigerate for 10 minutes.

THE FRUIT FILLING

Peel the quinces. So that the skin can be easily removed, begin by brushing them under running water to remove the fuzz then put the whole quinces in a large pot, cover them with water and bring to a boil. Boil 15 minutes. Let them cool, the skin can then be easily removed with a vegetable peeler.

Remove the core and the seeds and bake the quinces in a medium oven for 30 minutes or steam them for 15 minutes to preserve all the vitamins and minerals. Peel about 1/2 lb. (200 g) of pears, quarter them and remove the cores and seeds. Mash them to make a thick compote, mash the quinces and add them to the pears. The quantity of pears and quinces must be the same. Roll out the pastry, put it into a tart tin and fill it with the cooled compote. Peel the remaining pears, cut in quarters, remove the core and seeds and then cut into nice slices. Place them on the compote. Preheat the oven to 410°F (210°C). Place the tart in the refrigerator for 10 minutes, then bake it for about 30 minutes.



FOR 6 people
PREPARATION 1 hour
BAKING 30 minutes
RESTING TIME 10 minutes
(dough)

FOR THE DOUGH

- 9 oz. (250 g) plain flour
- 7 Tbs. (10 cl) sunflower oil
- 3 1/2 Tbs. (5 cl) water
- 1 vanilla pod
- 1 pinch salt

FOR THE FRUIT FILLING

- 1 1/2 lbs. (700 g) pears
- 1/2 lb. (200 g) quinces