

Dessert

Caramel Apple Ice-Cream Tarts

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Servings: 8

Preparation Time: 30 minutes

Start to Finish Time: 6 hours 5 minutes

1 2/3 cups all-purpose flour
3/4 cup butter, cubed
2/3 cup powdered sugar
1/3 cup cornstarch
2 tablespoons butter
2 cups Gala apples, peeled and diced
1/3 cup light brown sugar, firmly packed
2 tablespoons bourbon
2 pints vanilla ice cream
Caramel Sauce (see recipe)
1/2 cup lightly salted roasted pecans
Caramelized Apple Chips (see recipe) (for garnish)

Preheat the oven to 350 degrees.

Place the flour, butter, powdered sugar and cornstarch in a food processor. Pulse for 10 to 12 times or until the mixture resembles coarse meal.

Firmly press the mixture on the bottom and up the sides of eight (3-3/4-inch) round tart pans with removable bottoms (about seven tablespoons per pan). Place the tart pans on a baking sheet.

Bake for 25 to 30 minutes or until lightly browned.

Cool completely on the baking sheet on a wire rack (about 30 minutes).

In a large skillet over medium-high heat, melt two tablespoons of the butter. Add the apples and brown sugar. Cook, stirring constantly, for 8 to 10 minutes or until tender and caramelized.

Remove from the heat. Stir in the bourbon. Cool completely (about 30 minutes).

Let the ice cream stand at room temperature for 10 minutes or until softened. Place the ice cream in a large bowl and stir in the apple mixture.

Cover and freeze for four hours or until firm.

Serve in the tart shells with the Caramel Sauce and pecans.

Garnish with Caramelized Apple Chips.

Per Serving (excluding unknown items): 495 Calories; 28g Fat (50.5% calories from fat); 5g Protein; 56g Carbohydrate; 1g Dietary Fiber; 83mg Cholesterol; 261mg Sodium. Exchanges: 1 1/2 Grain(Starch); 5 1/2 Fat; 2 Other Carbohydrates.