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Puff Pastry Apple Turnovers Sprinkled with Cinnamon Sugar



Ingredients

3 large cooking apples
1 lemon
20g butter
2 tablespoons of light brown sugar*
1 large egg
1 tablespoon of milk
A 375g pack of ready rolled puff pastry
1 teaspoon of golden caster sugar
A quarter teaspoon of ground cinnamon

Servings

6

Person

Preparation

- 1 Preheat the oven to 200 degrees, 180 degrees fan oven, then line a large baking sheet with baking parchment. Make sure that the pack of pastry is chilling in the fridge.
- 2 Peel and core the apples, then chop into small pieces. Finely grate the zest of the lemon then squeeze out the juice.
- 3 Cut the butter into pieces then melt in a saucepan.
- 4 Add the apple pieces, the lemon zest, the light brown sugar, 2 teaspoons of lemon juice and 2 teaspoons of cold water and cook gently for about 5 minutes, until the apple pieces are soft but not broken down. Turn off the heat and set to one side.
- 5 Separate the egg and then beat the yolk with the milk in a small bowl.
- 6 Roll out the pastry and cut into 6 equal squares; you'll need to work with the pastry quite quickly as it gets too sticky when warm.
- 7 Divide the apple mixture between the 6 squares, placing it in the centre. Brush the edges with egg and milk then fold over and press the pastry together, corner to corner,

to make a triangular shape. Turn over the corners and seal edges with a fork.

- 8 Place on the baking sheet, slice 3 small slits on the top of each turnover and then glaze with egg and milk. Bake for about 20 minutes, until risen and a light golden brown. Cool for 5 minutes; the filling will still be really hot!
- 9 Mix the cinnamon and caster sugar together and then sprinkle it lightly over the apple turnovers. Best served whilst still warm.

Cooks Note

* I like the filling to keep a little of the sharpness from the cooking apples, but if you have a sweet tooth you may want to add a little more sugar, and perhaps less lemon zest; taste it and see.

Serve apple turnovers on their own as a snack, or with cream, ice cream or custard for a dessert.
