



PUFF PASTRY APPLE TURNOVERS

Serves 8

INGREDIENTS

- 3 apples, peeled, cored and cut into ½ inch cubes
- 5-6 tablespoons water
- 3 tablespoons granulated sugar, or to taste
- ½ teaspoon fresh lemon juice
- ¼ teaspoon Cinnamon
- Pinch of nutmeg
- 1 egg yolk beaten
- 1 package store bought puff pastry thawed
- Cinnamon Sugar, optional



INSTRUCTIONS

1. Preheat oven to 400°F. Line a baking sheet with parchment paper.
2. Combine apples, water, sugar, lemon juice, cinnamon and nutmeg in a large sauce pan.
3. Cook over medium heat, stirring occasionally, until apples soften but still hold their shape, approximately 8-10 minutes.
4. If apples become dry, add more water, 1 tablespoon at a time.
5. Roll out puff pastry into two 9"x9" squares. Cut each square into 4 squares of equal size.
6. Place puff pastry onto prepared baking sheet.
7. Place approximately 2 tablespoons of apple filling in the centre of each square.
8. Lightly brush egg yolk around the edges of the puff pastry.
9. Fold over and press the edges together, using a fork, to seal the apple filling.
10. Brush top with egg wash.
11. Sprinkle with cinnamon sugar, if desired.
12. Bake for 20-30 minutes or until lightly browned and puffed.
13. Transfer to wire rack to cool completely.

NOTES

Cinnamon sugar: mix 1 tablespoon sugar with 1 teaspoon cinnamon in a small bowl.