



## **Apple rose pastries**

*Recipe by Angie Boyd*

Serves: 6-8

Cooking: 1hr 15min

Difficulty: Easy

### **Ingredients :**

*Frangipane Filling:*

- 60g Butter
- 50g Selati Castor Snow
- 1 Medium-sized Egg
- 50g Ground Almonds
- 15ml Flour
- 5ml Vanilla essence
- 10ml Rum
- 2ml Grated lemon zest

*To assemble:*

- 1 roll Puff pastry, home-made or shop-bought
- 80ml Butter, melted
- 80ml Selati Icing Snow
- 4 Red Apples, cored and halved
- 1 Lemon
- Ground cinnamon
- A little flour for dusting

## **Methods :**

### Frangipane filling:

- Cream the butter and sugar until pale and fluffy.
- Add the egg, rum and vanilla, and mix well until smooth.
- Fold in the almonds and flour and zest.

### To assemble:

- Slice the apples into thin slices (approx. 3-4mm).
- Place the apple slices on a large plate, (it doesn't matter if they overlap) and squeeze the juice of 1 lemon over all the slices.
- Microwave on high for about 45 seconds or until the slices have just softened a bit. Remove and cool.
- On a surface lightly dusted with flour, roll the puff pastry sheet until it's a bit thinner (about 3/4mm thick).
- Using a pizza cutter or sharp knife, cut 6-8 strips, along the short edge. (each strip should be approx. 8cm wide)
- Spread about a tablespoon of frangipane filling over each strip to thinly cover.
- Place apple slices along 1 long edge of each strip, about 2cm beyond the edge of the strip, overlapping the slices.
- Brush the apple slices with melted butter and dust with icing sugar and add a sprinkle of cinnamon.
- Fold bottom half of each pastry strip over the apple slices to form a long fold of pastry with the edges of apple slices exposed.
- Starting from one end, roll the pastry strip (not too tightly) to form a rose-shaped pastry. Seal the rose with the end of the pastry strip.
- Place each rose into a well-greased muffin tin or ramekin.
- Bake at 200°C until golden brown and the pastry has crisped (about 30 -45 minutes).
- Remove and place on baking sheet to cool 5 to 10 minutes. Remove apple roses from the tin and leave to cool on the rack. Dust with icing sugar before serving.