

# Apple Turnovers



## ***Ingredients***

This makes 8 apple turnovers.

- 1lb / 450g apples
- 2oz / 50g sugar (or to taste)
- for flavouring: rind and juice of 1 lemon OR rind and juice of 1 orange OR 1 teaspoon of ground cinnamon
- 16oz / 400g ready-made puff pastry
- 1 egg + a splash of milk for glazing
- rough caster sugar for sprinkling
- 100ml whipping cream (optional)

## ***Preparation***

Start by preparing the filling. Peel and core your apples and dice them finely. Place in a pan with a splash of water, the caster sugar and your chosen flavouring (lemon rind and

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juice, orange rind and juice or a teaspoon of cinnamon). Put over a medium heat and stew until the apples are soft and a little collapsed. Leave to cool.

Set the oven to 180°C / 350°F / gas mark 4.

Divide the puff pastry into eight pieces. Roll each piece into a square.

Place the apple filling onto the pastry, dampen the pastry's edges and fold it corner to corner to form a triangle. (By the way, Mrs Beeton instructs to roll the pastry out into a circle and fold that into a triangle. You then 'turn over' the pastry so the join is underneath. Starting with a pastry square is, perhaps, not as traditional, but a lot easier.)

Press the edges well together to seal. You don't want any of the filling to be running out.

Glaze the top of the pastry with egg wash and sprinkle thickly with coarse caster sugar. Turn the pastry triangles over and repeat do the other side.

Transfer the apple turnovers to a lined baking sheet and bake for 20 minutes until puffed up and golden.

Serve immediately, with whipping or thick clotted cream for an impressive end to your dinner.