

PUFF PASTRY APPLE ROSES WITH ALMOND AND PISTACHIO



Ingredients (for 2 persons)

- 50 g softened butter
- 50 g sugar
- 1 lightly beaten egg
- 50 g ground almonds
- 20 g crushed pistachio
- 1 dl water
- 1 tablespoon lemon juice
- 2 red apples (Gala type)
- 1 sheet puff pastry with butter (½ x 400 g pack)
- icing sugar (optional)

Preparation:

Cream the butter in a bowl, using a whisk. Incorporate sugar little by little along with the beaten egg, ground almonds and crushed pistachio. Put to one side in the fridge. (Almond cream will keep for up to 2 days in the refrigerator.)

Put water and lemon juice in a microwavable bowl and reserve.

Cut the apples in four, remove the core and pips (leave the skin). Slice the apples finely with a mandolin or knife, and immediately place the slices in the bowl of lemon water. Heat in the microwave for 3 minutes or until apple slices have softened. Drain into a colander and reserve.

Unwind the sheet of puff pastry and cut into 4 strips of about 5 cm wide. Spread 2 tsp (10 ml) of the reserved almond cream on each strip. Place the reserved apple slices on the top half of the strip, overlapping them and letting them protrude from the edge of the dough. Fold the lower part of the dough onto the bottom of the apple slices. Wrap the pastry strip tightly to form a rose. Place the rose in a muffin pan. Repeat the operation with the rest of the ingredients to make 4 roses.

Bake in a preheated oven at 180°C for 35 minutes or until the pastry is lightly browned. Take the roses out of the tray and sprinkle with icing sugar, if desired.

Tip : If the center of the roses is not tight enough, push a rolled slice of apple into the center of the flower.

