

# Apple Roses



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These apple roses are an example of simple food done really well. Finely sliced red skinned apple wrapped in butter pastry and then baked in a muffin tin. They look and taste spectacular and are perfect for a special tea celebration.

Original recipe by Manuela from Cooking with Manuela. A helpful video demonstration of this recipe is [here](#).

**Prep: 20minutes    Bake: 45minutes    Serves: 6**

## Ingredients:

- 3 Puff Pastry Sheets, thawed and at room temperature
- 2 red apples
- 2 tablespoons lemon juice
- 1 tablespoon all-purpose flour, to sprinkle the counter
- 3 tablespoons apricot jam or ground cinnamon

## Method:

1. Prepare a bowl half filled with water and the lemon juice. Cut the apples in half, remove the core and cut the apples in paper-thin slices. Leave the peel so it will give the red colour to your roses. Place the sliced apples in the bowl of lemon water to stop them browning.
2. Microwave the apples in the bowl for about 3 minutes, to make them slightly softer and easy to roll. If you prefer, you can also simmer the apple slices with the water in a small pan (on the stove). The apple slices should be cooked just enough to bend without breaking. If they break, you need to cook them a little more. Unwrap the puff pastry over a clean and lightly floured counter. Using a rolling pin stretch the dough into a rectangular shape of about 12 x 9 inch (30 x 22 cm). Cut the dough in 6 strips, each about 2 x 9 inch (5 x 22 cm).
3. In a bowl, place three tablespoons of apricot jam with two tablespoons of water. Microwave for about one minute (or warm up on the stove) so that the jam will be easier to spread. Spread a thin layer of preserve on each strip of dough.
4. Preheat the oven to 375°F (190°C).
5. Drain the apples - (keep this liquid, it is a delicious drink on its own).
6. Arrange the apple slices on the dough, overlapping one another. Make sure the top (skin side) of the slices sticks a little out of the strip. Sprinkle with cinnamon.
7. Fold up the bottom part of the dough.
8. Starting from one end, carefully roll the dough, keeping the apple slices in place. Seal the edge at the end, pressing with your finger, and place in greased regular muffin tins (we found non-stick metal worked better with the pastry than silicone muffin pans).
9. Do the same for all 6 roses. Bake at 375°F (190°C) for about 40-45 minutes, until fully cooked. NOTES: Make sure the pastry is fully cooked on the inside before removing the roses from the oven! If after the first 30 minutes the apples start to burn on top, move the pan to a lower rack of the oven and finish baking. You can also cover loosely with aluminium foil

for these last 10-15 minutes, to avoid burning the top. Sprinkle with powdered sugar and enjoy!

10. These are best eaten as soon as possible after baking, when still warm and crisp.

*We hope you get a lot of joy from making and sharing these apple roses over a cup of tea. Wishing you Happy Tea Times from everyone at Stir.*