



APPLE PIE PUFF PASTRY 'DOUGHNUTS'

Season: Autumn / Winter
From the garden: Apples, lemons, (eggs)
Type: Dessert
Difficulty: Easy
Serves: 16 apple pie 'doughnuts'
Source: Adapted by Fotina Thompson from:
<https://www.youtube.com/watch?v=qwIWQvOQzV4> Apple Pie Puff Pastry Donuts by 'The Baking Bomb'.

Recipe for filling adapted from: <http://www.geniuskitchen.com/recipe/apple-filling-for-pies-75659>

Equipment

- Peelers or peeling machine
- Chopping boards
- 'Scraps' bowl
- Paring knives or apple slicing machine
- Measuring cups
- Measuring spoons
- Large bowl
- Large saucepan
- Lemon juicer (if desired)
- Wooden spoon
- Baking paper
- Baking sheets / trays
- 7 cm round cookie cutters
- Pastry brushes
- Tablespoons
- Sifter (for dusting icing sugar)
- Serving platter

Ingredients

- * 5 apples of any kind (to make approx 6 C diced)
- * 1 ½ lemons (to make 3 Tbsp lemon juice)
- * ¾ C brown sugar
- * 4-6 Tbsp cornflour
- * 2 ¼ tsp whole allspice
- * 1 ½ C very hot apple juice (or water)
- * 4 sheets of ready rolled puff pastry
- * 1 Tbsp water
- * 1 egg
- * Approx 4 tsp white sugar (for ¼ tsp sugar added to each pie's apple filling)

Method

1. Preheat oven to 200 C fan forced. Boil the kettle. Defrost 4 sheets of ready rolled puff pastry.
2. Either by hand or with an apple peeling/slicing/coring machine, peel, cut and core apples until you have approximately 6 cups worth of diced or sliced apple. Discard the peel.
3. Cut and juice lemon either by hand or with a juicer until you have approximately 3 Tbsp. If juicing by hand take care to remove pips. Set juice aside.
4. Using a mortar and pestle, grind the allspice into a powder. Set aside.
5. Stir the cut apple pieces in a saucepan over medium-high heat.
6. Add the lemon juice, brown sugar, ground allspice and cornflour and stir well using a wooden spoon.
7. Add 1 ½ cups of very hot apple juice (or water from the kettle) to the saucepan and stir constantly until the apple mixture thickens.
8. Remove from heat and cool.
9. Create an 'egg-wash' by cracking an egg into a small bowl and adding 1 Tbsp water. Mix well. Set aside.
10. Meanwhile, line a couple of baking sheets or trays with baking paper.
11. Using a 7 cm round cookie cutter, cut 9 circles out of 3 defrosted pastry sheets and 5 circles out of the 4th pastry sheet. This will give you a total of 32 circles (16 for the bottom of the pie 'doughnuts' and 16 for the tops. Save and re-freeze the excess pastry.
12. Carefully lay 16 of the the pastry circles (at least 2 cm apart) on the lined baking trays and using a pastry brush, brush around the outer edge of each circle with the egg wash. This creates a 'seal' for when the top circle is added.
13. Place about 1 Tbsp of the cooled apple mixture into the centre of the 16 pastry circles.
14. Add about ¼ tsp white sugar to the top of each portion of apple.
15. Place the remaining 16 pastry 'tops' on and use a fork to press down around the edges. This not only seals the tops to the bottoms but also creates a nice 'pie crust' effect.
16. Bake for 15-18 minutes or until puffed up and golden brown.
17. For presentation, dust with icing sugar using a sifter. If there is any pie filling leftover, place a small portion (i.e. a few diced apple cubes or half an apple slice) on the top of each pie doughnut.
18. Serve as-is or with fresh whipped cream or vanilla ice cream and enjoy!

Skills:

- *Exciting machine use - apple peeling, slicing and coring machine!*
- *Grinding / crushing using a mortar and pestle*
- *Cutting, brushing and making patterns in pastry*
- *Fun with garnishing - sifting and decorating for presentation*