

Apple roses

Makes 8

To make these delicious apple roses you can use pink lady or royal gala apples. You can also try this recipe with pears. They are a delicious after dinner dish. Serve it with vanilla icecream!



What you will need

1 large or 2 small apples
2 sheets of frozen puff pastry
1/4 cup of white sugar
1/2 cup of brown sugar
1/4 cup of soft butter
1 tbs of golden syrup
tbs chopped walnuts
Vanilla ice cream

How to make it

- finely slice your apples
- add them to a bowl and add 1/4 cup of white sugar and soak in boiling water for 10 minutes to make them soft (cover bowl to keep heat in)
- drain apples and put them on paper towel to absorb moisture
- add 1/4 cup of brown sugar and mix together
- slice each puff pastry sheet into 4 long strips
- add 1/4 cup of brown sugar, 1/4 cup of butter and tbs of golden syrup in a mug or small bowl and mix together
- put puff pastry strip down and using a pastry brush to brush butter mixture onto the pastry
- add apple slices longways, overlapping them slightly and fold them in half. You then roll them up so apples resemble a rose and place it into a cupcake pan rubbed with butter.
- once you have rolled all of your roses sprinkle brown sugar and chopped walnuts on each rose, put in the oven at 180 degrees for 20 minutes (or until golden brown).