



Baked Apple Roses

Ingredients

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| <ul style="list-style-type: none">• 1 large red apple, cored and very thinly sliced• ¼ cup white sugar• 1 teaspoon ground cinnamon• 1 sheet frozen puff pastry, thawed | <ul style="list-style-type: none">• ¼ cup melted butter• 1 large egg• 2 teaspoons water• 1 teaspoon confectioners' sugar (Optional) |
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Method

Step 1 - Preheat the oven to 400 degrees F (200 degrees C). Adjust an oven rack to the middle position. Butter two (6 to 8-ounce) ramekins and dust with white sugar.

Step 2 - Place apple slices on a microwave-safe plate, overlapping slightly if necessary. Microwave on high until slices slightly soften, about 45 seconds. Cover the plate with plastic wrap and a kitchen towel.

Step 3 - Mix together sugar and cinnamon in a small bowl.

Step 4 - Roll puff pastry sheet to less than 1/8-inch thickness. Using a pizza cutter, cut two (3x12-inch) rectangles. Reserve remaining pieces for another use.

Step 5 - Spread melted butter over dough; sprinkle with a generous amount of cinnamon sugar. Place apple slices along one long edge of dough, about 1/4 inch beyond the edge, overlapping slices slightly. Fold the bottom half of dough over apple slices to form a long "folder" of dough with rounded edges of apple slices exposed.

Step 6 - Beat together egg and water in a small bowl. Brush surface of dough with egg wash. Sprinkle with cinnamon sugar.

Step 7 - Starting at one end, roll dough to form a rose-shaped pastry. Seal roll with end of dough strip. Transfer roses to the prepared ramekins. Sprinkle with cinnamon sugar.

Step 8 - Bake on the middle rack in the preheated oven until well browned, about 45 minutes. Use tongs to remove the ramekins to a baking sheet to cool for 5 to 10 minutes. Remove apple roses from the ramekins and finish cooling on a wire rack. Dust with confectioners' sugar before serving.



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