

APPLE GALETTES

Makes 6-8 individual galettes



These small puff pastry tartlets are a great way of using up apples from the garden.

INGREDIENTS	EQUIPMENT
500g ready-made puff pastry 25g plain flour - for rolling 100g ground almonds 3 tablespoons apple juice 2 - 4 dessert apples - cored and thinly sliced 1 lemon - squeezed 2 tablespoons clear honey 3 tablespoons warm apricot jam	rolling pin flour dredger 10cm plain cutter sharp knife chopping board 2 small bowls teaspoon tablespoon lemon squeezer pastry brush baking tray - lightly greased

METHOD

1. Heat the oven to 200°C/Gas 6. Dust the work surface with a little flour. Roll the pastry out to a thickness of a £1.00 coin.
2. With the cutter, stamp out the bases of the galettes. Place them, a little apart, on a baking tray
3. Mix the ground almonds and apple juice to a paste. Use the rounded 'bowl' of a teaspoon to spread each pastry circle with the almond mixture (leave a 1cm edge all the way round).
4. Cut the apple into thin slices and toss in the lemon juice to prevent browning. Arrange the apple slices carefully on top of the paste.
5. Brush the apple slices with honey and bake them for 15 minutes until the pastry is golden-brown.
6. Brush the cooked pastries with apricot jam and allow them to cool a little. Serve cold or warm with crème fraîche or ice cream.

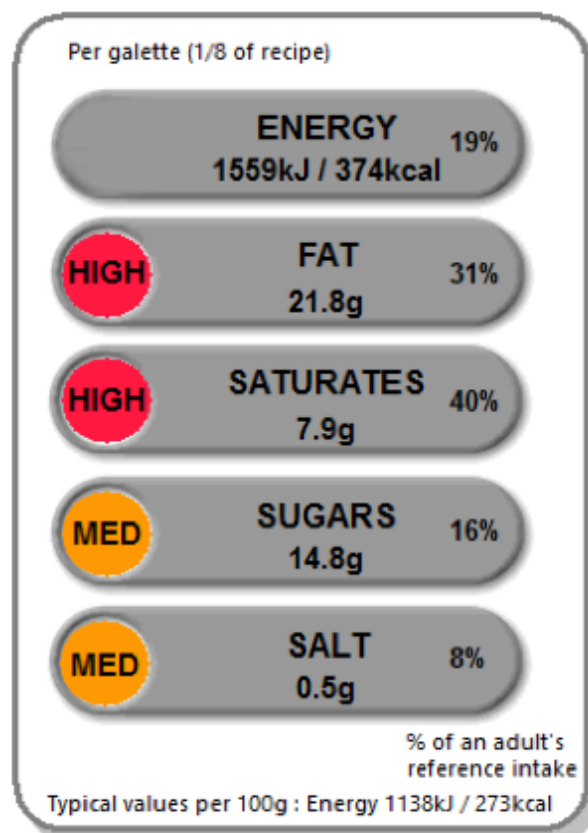
RECIPE NOTES AND TIPS

- Puff pastry is made with lots of fat so make this recipe for special occasions
- Other fruit would work well too – pears or plums would be particularly nice

ALLERGY AWARE

This recipe contains:

- Gluten (puff pastry and flour)
- Nuts (almonds)



Based on recipe supplied by Focus on Food, 16/1/2015. No. of servings: 8

NUTRITION INFORMATION		
Typical Values	Amount per 100g	Amount per serving (137g)
Energy	1138kJ / 273kcal	1559kJ / 374kcal
Protein	5.4g	7.3g
Carbohydrate (of which sugars)	25.7g (10.8g)	35.3g (14.8g)
Fat (of which saturates)	15.9g (5.8g)	21.8g (7.9g)
Fibre	2.6g	3.6g
Salt	0.4g	0.5g