

Baked Apple Roses

Jacob · 28/09/2024



Prep Time

5 mins

Difficult

Medium

Servings

1 hr 15 mins

Description

These apple roses were inspired by a cook named Ana a Brazilian food blogger living in Italy I hope you give these gorgeous looking and very delicious apple roses a try soon Enjoy

Ingredients

- - 1 large red apple
- cored and very thinly sliced - ¼ cup white sugar - 1 teaspoon ground cinnamon - 1 (17.25 ounce) sheet frozen puff pastry
- thawed - ¼ cup melted butter - 1 large egg - 2 teaspoons water - 1 teaspoon confectioners' sugar (Optional)

Instructions

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. Place apple slices on a microwave-safe plate
2. overlapping slightly if necessary. Microwave on high until slices slightly soften
3. about 45 seconds. Cover the plate with plastic wrap and a kitchen towel. Mix sugar and cinnamon in a small bowl. Roll puff pastry sheet to less than 1/8-inch thickness. Using a pizza cutter
4. cut two (3x12-inch) rectangles. Reserve remaining pieces for another use. Spread melted butter over dough; sprinkle with a generous amount of cinnamon sugar. Place apple slices along one long edge of dough
5. about 1/4 inch beyond the edge
6. 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. Beat together egg and water in a small bowl. Brush surface of dough with egg wash. Sprinkle with cinnamon sugar. Starting at one end
7. 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. Bake on the middle rack in the preheated oven until well browned
8. 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. Recipe Tips If you don't have a microwave
9. sauté the apple slices in a little bit of butter over medium heat until flexible but not soft
10. about 30 seconds per side. If you use a metal muffin pan instead of a ramekin
11. reduce the oven temperature to 375 degrees F (190 degrees C) and bake until the pastry is well browned
12. about 45 minutes. Editor's Note: Nutrition data for this recipe includes the full amount of puff pastry. The actual amount consumed will vary. Please note differences in ingredient amounts and total time when following the magazine version of this recipe.