Apple Turnover

Ingredients

250 grams Plain flour

250 grams Butter

100 ml Cold water

4 Cooking apples

1-2 tablespoons Lemon juice

100 grams Sugar, or to taste

2-4 tablespoons Cornstarch

Nutmeg to taste

Cinnamon to taste

1/2 cup Apple juice or Boiling water

1Egg

Instructions

i. Cut the butter into small chunks and place in a large bowl, pour the flour on top and the flour down into the butter, this way you don’t get quite so covered in the pastry mix, you should still have small lumps of butter.

ii. Make a well in the mix and pour in about 100ml of cold water and mix until you have a firm dough, you may need to add a bit more water.

iii. Cover the dough with Clingfilm and let it rest in the fried for 20 minutes.

iv. Meanwhile peel and chop your cooking apples and place them in a saucepan with the lemon juice starting to soften them over a low to mid heat.

v. Mix together the cinnamon, nutmeg, sugar and cornstarch in a mug then add this to the saucepan mixing so the sugar doesn’t burn, add apple juice or hot water and stir until it has thickened. Then place it aside to cool

vi. Get the dough out of the fridge and place it on a floured board and knead it gently, the roll it into a long thin rectangle and fold the top third of the pastry down, then fold the bottom third up.

vii . You should now have three layers of pastry. Turn the pastry 90 degrees and repeat the process the other way.

viii. Place the pastry back in its bowl, recover it and let it rest in the fridge for another 20 minutes.

ix. Heat oven to 185 degrees centigrade fan and line a baking tray.

x. Roll out the pastry and cut it into squares and spoon the apple filling into the center of the squares.

xi. Brush egg around the edge of the square to help it stick and fold the pastry over diagonally to form a triangular shape. Use a fork to crimp the edges of the pastry. Make a couple of slices in the top of the pastry and egg wash the turnovers.

xii. Bake for 25-30 minutes until golden