

# Mini Apple Pies - a single pie, 2" x 4"

Total time: ~5 hours

## A note on Gluten Free flour

This is the brand I use. Bob's Red Mill 1:1 flour and King Arthur Measure for Measure Gluten-Free Flour do not taste as good to me. I think it's the Sorghum Flour.



Do not skip the Xanthan gum, even if your GF flour mix already has some. It will not stick together without it and you'll wind up with a wet, gloopy mess.

## Filling

1/3 apple  
4g butter  
6g sugar  
8g brown sugar  
1.66g cornstarch  
0.5g cinnamon

1. peel and chop apples
2. melt butter in pot under medium-low heat
3. Add all of the remaining ingredients
4. Cook the filling until it thickens

## Puff Pastry

aiming for a single 4"x4" square

20g unsalted butter cold  
20g all purpose GF flour  
1g sugar  
1g xanthan gum  
0.16g salt

5g ice cold water

1. Place butter in the freezer for 10 minutes.
2. In a large mixing bowl, whisk together flour, sugar, and salt.
3. Grate the frozen butter into the flour. (Dice the remaining end of butter that you can't grate.) Toss the butter into the flour mixture with your hands until well coated.
4. Drizzle water over the mixture and begin folding the mixture together until the mixture starts to clump together. Continue adding water a tablespoon at a time until a loose and crumbled dough forms. (It should hold when squeezed.)
5. Gently knead the dough a few times in the bowl until a cohesive mass is formed. Shape into a 1-inch thick square and wrap tightly in plastic wrap. Chill for 1 hour. In a pinch, you can chill for 20-30 minutes, but the puff won't be as pronounced.
6. On a lightly floured surface, roll the chilled dough into a 1/2-inch-thick rectangle. Fold the dough in thirds like a letter. Turn 90 degrees. Repeat rolling, folding, and rotating 3 more times. 4 times total.
7. Fold back into thirds, wrap tightly, and chill for at least 2 hours or up to 2 days, or placed in a freezer bag and freeze for up to 2 months. In a pinch, you can go straight into shaping the dough, but again, the puff won't be as pronounced.

## Putting it all together

1. pre-heat @ 400
2. lay out puff pastry in 4" x 4" squares, 3mm thick.
3. add fruit filling
4. make egg wash - 1 beaten egg with a pinch of salt and a splash of water
5. egg wash the inside edges - it's the glue that holds the seams together
6. press edges with fork
7. poke holes with fork or score with knife
  1. at this stage, you can freeze these pies then bake as needed
8. egg wash outsides
9. sprinkle with sugar and cinnamon
10. Optional: Refrigerate for 20-30 minutes for a bigger puff.
11. bake @ 400 for 20-25 minutes

## References

- [Homemade Puff Pastry Recipe - Preppy Kitchen](#)  
[Easy Apple Turnovers Recipe - Preppy Kitchen](#)  
[Gluten Free Puff Pastry Recipe - The Gluten Free Blogger](#)  
[How to Prepare Apples for Apple Pie - Benjaminthebaker](#)  
[Apple Hand Pies Recipe - The Cooking Foodie](#)  
[Apple Pie Filling - Dimitra's Dishes](#)