Apple and Cinnamon Turnovers

From our garden: apples

NOTES TO STUDENTS and VOLUNTEERS:

1. Make one turnover/person.
2. Each sheet of puff pastry makes 4 turnovers.
3. Calculate how many sheets of puff pastry you will need today.
4. A volunteer or teacher is to supervise the use of the oven to bake the turnovers.

TODAY OUR GROUP WILL NEED TO MAKE ___________ TURNOVERS.
WE WILL NEED ___________ SHEETS OF PUFF PASTRY.

Equipment

- Chopping board
- Small knife
- Mixing bowl
- Tablespoon
- Fork
- Measuring cups
- Measuring spoons
- Pastry brush
- Sieve
- Baking tray
- Baking paper
- Wire rack

Ingredients

- 1 sheet ready rolled puff pastry, partially thawed
- ½ cup cooked apple
- 1 tablespoon white sugar
- ¼ teaspoon cinnamon
- Milk for brushing turnovers
- Icing sugar for dusting

What to do

1. Preheat oven to 200°C.
2. Line 2 baking trays with baking paper.
3. Using a small knife cut the puff pastry sheet into 4 squares.
5. Spoon 1 large tablespoon of the apple mixture over 1 half of each pastry square, leaving a 1cm border.
6. Fold pastry on the diagonal to enclose the filling.
7. Using a fork, press edge to seal.
8. Place turnovers on prepared trays.
9. Brush each turnover with milk.
10. Bake for 15 - 20 minutes or until pastry is puffed and golden.
11. Transfer to a wire rack.
12. Place on one large serving platter.
13. Dust with icing sugar just prior to serving.
14. The students will take these with them at the end of class.