



Apple Cream Puffs

Ingredients:

- 1 packet pre rolled puff pastry
- 2 cooking apples (or other apples if you prefer)
- 250mls cream
- Icing sugar (approx 8 tbsp)
- Caster sugar
- 1 tsp cinnamon (optional)

Method:

Preheat the oven to 180C.

Cut the pastry into an even number of equal sized rectangles (up to 16 per sheet).

Place on a baking tray, leaving a couple of cms between each piece.

You can use two trays or cook in two batches

Bake for 10-12 mins until puffed up like a pillow, and starting to go golden around the edges.

Remove from the oven and leave on the tray to cool.

While pastry is baking, peel and cut the apples into bite sized pieces.

Put the apple into a pot with 4-5 tbsp water and a couple of spoons of sugar to sweeten.



Cover with a lid and cook on a medium heat until the apples have softened - add more sugar if needed.

Allow the apple to cool in the pot.

When the pastry and apples are both cool..

Whip your cream.

Place one piece of pastry on your kitchen surface/board/plate.

Top the pastry with some cooked apple and whipped cream.

Place a second piece of pastry on top and sprinkle with icing sugar.

NOTE – If you want to replace the apple filling with jam that's fine.