

Apple parcels

Italian-style baked apples — wrapped in sweet shortcrust and filled with brandy, butter and cake crumbs

DESSERT Serves 6

Overall timing 1½ hours plus resting time for pastry

Equipment 3 bowls, baking tray

Freezing Cool cooked parcels quickly. Open freeze on tray, wrap and label. Freezer life: 1 month. To use: thaw at room temperature for 4 hours, then warm in a moderate oven, or reheat from frozen in moderate oven

INGREDIENTS

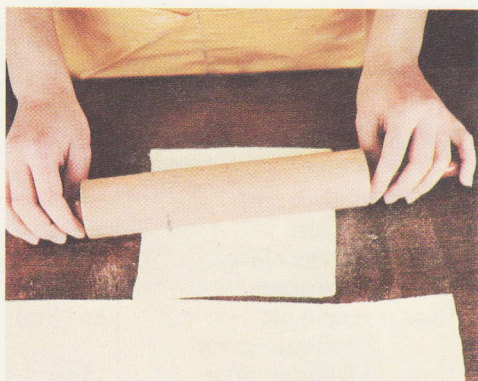
Pastry		
8oz	Plain flour	225g
2oz	Icing sugar	50g
	Pinch of salt	
2 teasp	Grated lemon rind	2×5ml
4oz	Softened butter	125g
2	Egg yolks	2
Other ingredients		
1	Small egg	1
2oz	Caster sugar	50g
2 teasp	Brandy	2×5ml
2oz	Butter	50g
2oz	Stale cake crumbs	50g
6	Dessert apples	6

METHOD

- 1 Put the flour, icing sugar, salt and lemon rind into a bowl. Make a well in the centre. Cut softened butter into pieces and add to bowl with egg yolks. Quickly mix to a smooth pastry. Roll into a ball, cover and leave for 1½ hours in a cool place, not the fridge.

- 2 To make filling, separate egg. Beat together yolk, caster sugar, brandy and butter in a bowl, then work in the cake crumbs. Preheat oven to 375F (190C) Gas 5.
- 3 Divide pastry into 6 equal pieces. Roll out each piece to ⅛ inch (3mm) thickness to make a 6 inch (15cm) square.
- 4 Peel and core apples and place one in the centre of each pastry square. Fill apples with creamed mixture. Moisten pastry edges then pull up corners around apples. Press pastry edges together well. Cut 6 small circles out of pastry trimmings. Moisten undersides and stick on top of join on pastry parcels.
- 5 Place parcels on greased baking tray and brush with lightly beaten egg white. Cook in oven for 25 minutes or until golden brown. Serve hot or cold with pouring cream.

Below: Apple parcels — individual desserts that can be served either hot or cold, an attractive combination of fruit and pastry



Roll pastry to ⅛ inch (3mm) thickness, divide into six 6 inch (15cm) squares



Peel the apples and remove the core carefully with an apple corer



Wrap apples in pastry squares, bringing corners to top and moistening to secure

