Easy Apple Roses

Impressyourfriendsandfamilywithbeauti

ful, delicious, and easy apple roses.

Ingredients

- 1 red apple (Honeycrisp, Pink Lady or any red baking apple)
- ¼ cup granulated sugar
- 1 teaspoon cinnamon
- 1 sheet frozen puff pastry (follow directions on box for thawing)
- ¼ cup butter, melted
- 1 egg
- 2 teaspoons water
- Additional butter and sugar for ramekins

Directions

Generously butter the ramekins/muffin pan so the roses don't stick. Preheat oven to 400 degrees. Butter two ramekins (6-8 ounce) and sprinkle with sugar. Core the apple, cut in half and slice thinly.

Place apple slices in a single layer on a plate and microwave on high for about 45 seconds to soften. Cover the plate with plastic wrap and a kitchen towel while rolling pastry. If you prefer, saute' the apples in a single layer in a skillet using a small amount of butter for about 30 seconds per side to soften. Remove to a plate. Leave uncovered. Mix sugar and cinnamon in a small bowl. Roll puff pastry sheet to less than 1/8 inch thick. Cut two 3-inch by 12-14-inch strips, using a pizza cutter. Brush melted butter over dough, and sprinkle with cinnamon sugar mix. Place the apple slices lengthwise on the long edge of the dough, about ¼ inch above the edge of the dough and overlapped slightly.

Fold the bottom half of the dough over the apple slices with the rounded edges of the slices exposed. Beat the egg and

water in a bowl. Brush the surface of the dough with the egg wash. Sprinkle with cinnamon sugar mix. Starting from the end, roll the dough to form a rose-shaped pastry. Seal roll with end of the dough strip. Transfer roses to ramekins. Sprinkle with a little more cinnamon sugar. Place ramekins on middle rack of oven. Bake about 25-30 minutes or until well browned. Remove from oven and place on a baking sheet and cool 5-10 minutes. Remove from ramekins and cool on a wire rack. Serve warm or cool. Sprinkle with confectioners' sugar, or drizzle with warm caramel topping or a scoop of vanilla ice cream.

This article was written by Patricia Mathis, USU Extension 4-H and Family and Consumer Sciences Educator in Wasatch County