**Apple turnovers for 45 minute class periods.**

**Apple Turnovers (Day 1)**

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| Ingredients:**Pastry Crust:**·         1 cup all-purpose flour·         1/2 teaspoon salt                                 ·         1/2 cup cold **butter**, *divided*·         1/4 cup ice water                             **FILLING:**·         1/3 cup sugar·         2 teaspoons cornstarch·         1/8 teaspoon ground cinnamon·         2 medium tart apples, peeled and thinly sliced·         1 teaspoon lemon juice·         2 tablespoons beaten egg·         1-1/2 teaspoons water | Measuring Equipment:·         Dry Measuring cups·         Measuring spoons·         Portion cups·         4 cereal bowls·         Butter knife |
| Directions:Day 11.    **Pastry Crust:** In a small bowl, combine flour and salt; cut in 1/4 cup of butter until crumbly. 2.    Gradually add water, tossing with a fork until a ball forms. 3.    On a lightly floured surface, roll dough into a 12-in.x 6-in. rectangle.4.    Cut remaining butter into thin slices. 5.    Starting at a short side of dough, arrange half of the butter slices over two-thirds of rectangle about 1/2 in. from edges. 6.    Fold unbuttered third ofdough over middle third. 7.    Fold remaining third over the middle, forming a 6-in. x 4-in. rectangle.8.    Roll dough into a 12-in.x 6-in. rectangle. 9.    Repeat steps of butter layering and dough folding ending with a 6-in.x 4-in. rectangle. 10.  Roll dough into a 12-in.x 6-in. rectangle. Fold in half lengthwise and then widthwise. 11.  Wrap in plastic wrap; refrigerate.12.  **Filling:** In a small saucepan, combine the sugar, cornstarch and cinnamon. 13.  Add apples and lemon juice; toss to coat. 14.  Bring to a boil over medium heat, stirring constantly. 15.  Reduce heat; simmer, uncovered, for 5-10 minutes or until apples are tender, stirring often. 16.  Remove from the heat and dump into a cereal bowl. Cover with plastic wrap and place in refrigerator. |

    **Apple Turnovers (day 2)**

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| Ingredients:Simple Glaze: ·         1/2 cup confectioners’ sugar·         1 tablespoon milk·         1/2 teaspoon vanilla | Measuring Equipment:·         measuring spoons·         ½ dry measuring cup·         2 portion cups·         butter knife |
| Directions:1.    Preheat oven to 450\*F.2.    In a small bowl, combine egg and water. 3.    Roll out turnover dough on a lightly floured surface to 12x12 inches.4.    Cut into four squares.5.    Evenly divide the apples into the center of each turnover.6.    Fold the turnovers in half at the corner making a triangle.7.    Place on a cookie sheet and seal the edges of the turnovers with a fork.8.    With a sharp knife, cut three small slits in the top of each turnover.9.    Bake at 450° for 17-22 minutes or until golden brown. 10.  Remove to plates and drizzle glaze over the top before serving.11.  **Glaze:** Combine glaze ingredients; drizzle over turnovers. Serve warm. |