**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 1  1.    **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. | |