

Aliesha McAllister

Apple Flower Tarts (Makes 12 Flowers):

Pie crust, needs to sit for 24 hrs in the fridge before use:

- 2 cups of flour
- ¾ cup shortening
- 1 tsp salt
- 4-6 tbsp ice water

Directions:

- 1) Cut shortening into flour and salt
- 2) Sprinkle water over mixture
- 3) Toss with fork until moistened
- 4) Form into ball and wrap in saran wrap

Ingredients:

- 4 red apples
- A whole lemon, juiced
- 2 tbsp of flour, to sprinkle the counter
- 6 tbsp of apricot preserve
- Cinnamon sugar
- Muffin Tin

Directions:

- 1) Prepare a microwave safe bowl half filled with water and lemon juice
- 2) Cut the apples in half, cut out the core; then cut them in paper thin slices (or use an apple slicer without the peeler for the skin)
- 3) Put the apples in the water/lemon bowl right away so they don't change color.

4) Microwave the apples for about 3 minutes to make them slightly softer and easy to roll. You can also simmer the apples in the water/lemon mixture.

5) Unwrap the pie crust over a clean and lightly floured counter. Use a rolling pin to stretch the dough into a 12 x 9 in rectangle. Cut the dough into 12 strips, each about 2 x 9 inches

6) In a bowl, add the apricot preserve into 2 tbsp of water. Microwave for 1 minute. Once done, spread a thin layer on each strip.

7) Preheat the oven to 375* and drain the apples

8) Arrange the apple slices in the middle of the dough, overlapping one another, making sure the skin side stick out. Sprinkle with cinnamon sugar. Then fold the other side on top of the apples.

9) Starting from one end, carefully roll the dough, keeping the apple slices in place. Seal the edge at the end, pressing with your finger and placing in a muffin tin. No need to grease the tin. You can also sprinkle a little cinnamon sugar on them.

10) Bake for about 40-45 minutes, until fully cooked or else they will not come out correctly.