

# APPLE ROSES

*Delicious  
Without Gluten®*

**PORTIONS 2 ROSES**  
**PREPARATION 20 MIN**  
**COOKTIME 45 MIN**

## Ingredients:

1 apple\*\* (see below for type of apples best to use.)  
[Rough puff dough by DWG](#) divided in 4  
apricot jam or maple syrup or honey or dolche de leche  
cinnamon and sugar

## Steps:

- Pre-heat the oven to 350°F .
- Boil a small pot of water or place water in a small glass dish and microwave 2 minutes to boil.
- Cut the apple in half (stem up and calyx down) and remove the core (I use a melon baller), then slice them (perpendicular to the core) 1/8-1/4 inch thick (depends on the apple).
- Place your apple slices in boiling water (on stove or in microwave) for 1 min or until wilted. (Do not overboil to become mushy and if the apple breaks when bent, it needs more time).
- Roll out a piece of rough puff (or puff pastry) 12" x 2.5" (if using DWG recipe, cut dough in 4. Each quarter will make at least 2 roses).
- Brush apricot jam, or maple syrup or honey on the strip. Sprinkle generously with cinnamon and sugar.
- Place "petals" of apples in a cascade on the top side so that they stick out and fold over the pastry dough from the bottom.
- Roll and tuck in petals and pastry dough so it is secure and place into muffin pan or similar.
- Glaze with more jam, cinnamon and sugar and bake for 30-45 min at 350°F oven.
- Let cool and serve.

1 apple\*\*\*

Some [good apples](#) that work well include Pink lady, Fuji, Granny Smith, Gala, Cortland, Braeburn and Honeycrisp.



You can see Miriam make this recipe on Daytime Ottawa by clicking [here](#)