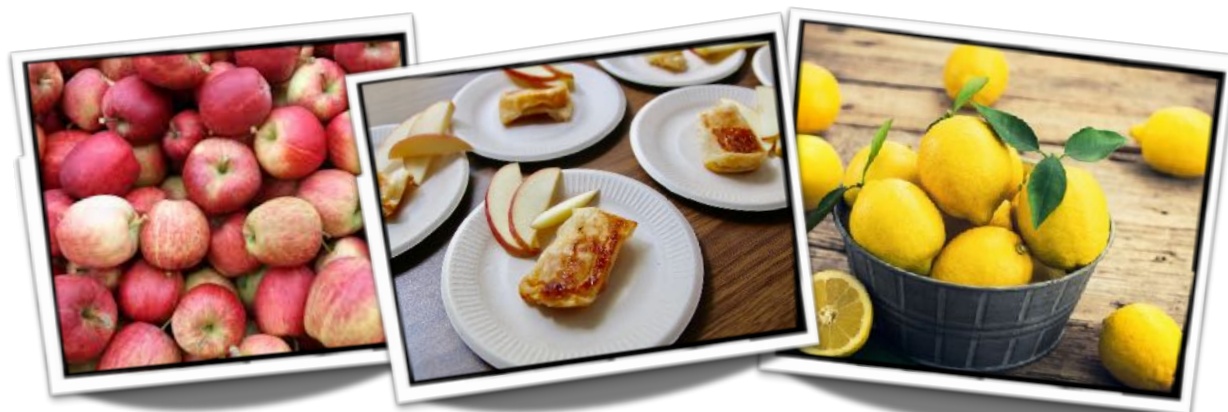


French Apple Turnovers + Citron Creme Glacee + Sparkling Apple Cider



french apple turnovers (chausson aux pommes)

thaw+preheat+zest+chop

Thaw **10 oz frozen puff pastry** in fridge overnight or for at least 6 hours. Preheat oven to 350 degrees F. Wash and zest **1 lemon**. Chop **1 large apple** into tiny pieces and set aside.

measure+mix+add

In a large medium mixing bowl, measure and mix together **¼ cup sugar**, **2 tsp cornstarch**, **½ tsp salt**, and lemon zest. Add chopped apples and mix to coat them.

roll out+spoon+seal+bake

Sprinkle **some all-purpose flour** on a clean, flat surface. Onto the surface, roll out thawed puff pastry so that it is even and flat. Using a round cookie cutter or the lid of a mason jar, punch out circles. Or, for rectangular-shaped turnovers, cut puff pastry into equal rectangles. Spoon about 2 tsp of apple filling mixture in the center of each puff pastry shape. Fold over and seal the edges. Place turnovers in cupcake tin and bake for 10-15 minutes, or until turnovers are golden brown and juices are bubbling. Let cool slightly, then drizzle with Citron Crème Glacée (recipe below!).

::continued::

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citron creme glacée

squeeze+whisk+drizzle

In a small mixing bowl, squeeze **3 tsp of lemon juice** from your zested lemon! Add **½ tsp vanilla**, and a **pinch of salt**. Whisk until a smooth and pourable icing forms. Drizzle over baked turnovers!



sparkling apple cider

measure+blend+pour

Measure and pour **3 C apple juice** into a blender. Add **1 tsp pumpkin pie spice/cinnamon** and blend until spices are incorporated into the juice. Add **1 C sparkling water/ginger ale** and mix. Add a bit of sugar if to taste if necessary! Pour over ice and enjoy.

::continued::



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shopping list

French Apple Turnovers

- 10 oz frozen puff pastry, thawed
- 1 lemon (use zest for turnovers and juice for creme glacee!)
- ¼ cup sugar
- 2 tsp cornstarch
- ½ tsp salt
- 1 large apple
- All-purpose flour for dusting

Citron Creme Glacee

- ¼ cup powdered sugar
- ½ tsp vanilla
- Pinch salt

Sparkling Apple Cider

- 3 C apple juice
- 1 C sparkling water/ginger ale
- 1 tsp pumpkin pie spice/cinnamon
- Sugar to taste
- Ice

::continued::

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What's a Turnover, Anyway?!

Turnovers are known as “portable pies” - kind of like a sandwich. They are a type of pastry made with dough that is shaped typically in a square and “turned over” to form a triangle, then baked. Turnovers are always stuffed with something delicious!

Turnovers and pasties were sold by street vendors to the working class back in the early 19th century. Savory turnovers are still sold as portable sandwiches in convenience stores.

Today, turnovers are enjoyed around the world, and depending on where in the world they're made, you'll find any many different varieties of fillings. Fruity turnovers are typically made with Puff Pastry, which food historians agree was invented by Renaissance cooks (of the 15th century). Puff pastry is a light, flaky pastry made with a lot of butter and flour. When baked, puff pastry “puffs” up and creates light and flaky layers.

The Surprise Ingredient: Apples!

- ★ August marks the beginning of apple season. Apple season peaks in September - some of the best and most delicious apple varieties are available during September, like Sweet Gala, Honeycrisp, Cortland, and Macintosh. October apples are perfect for baking.
- ★ Every spring, apple trees bloom or ‘set on blossoms’, or flowers. Tucked inside the bottom of each blossom is something called an ovule. Inside the ovule are the seeds that will eventually turn into an apple! It takes about 4 to 5 months from the time the blossoms are pollinated for the apples to be ready to pick.
- ★ New apple trees take four to five years to produce their first fruit.
- ★ The peel of an apple contains most of the vitamins in an apple - so make sure to eat that part, too!
- ★ Apples contain a special nutrient called polyphenols. These substances are especially beneficial for our gut bacteria. Did you know we have a second brain in our guts?! It's true. About 100 million bacteria live in our digestive tract. All together, these bacteria make up their own ecosystem. And that's why it's so important to keep our stomachs and intestines happy and healthy.

Time for a laugh!

What reads and lives in an apple? A bookworm!

Why did the apple go to the doctor? He felt rotten to the core!

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