

Foodnity Recipes

Apple Rose Pastry Blooms Recipe

30 min Prep time	**20 min** Cook time	**50 min** Total time
8 Servings	**Medium** Difficulty	**French-American** Cuisine

Ingredients

Pastry & Fruit

- [ ] 1 sheet frozen puff pastry, thawed
- [ ] 2 large Granny Smith apples
- [ ] 1 tbsp lemon juice
- [ ] 4 tbsp melted unsalted butter

The Sweetener

- [ ] 1/4 cup granulated sugar
- [ ] 1 tsp ground cinnamon
- [ ] 1/4 cup powdered sugar for dusting
- [ ] 1 egg, beaten (for egg wash)

Instructions

1. Preheat your oven to 375°F (190°C). Line a baking sheet with parchment paper or, better yet, grease a muffin tin to help your roses keep their shape.
2. Slice the apples into very thin half-moons. Toss them gently with lemon juice so they stay bright. To make them more flexible, pop them in the microwave for about 30 seconds—just until they bend without breaking.
3. Roll out your puff pastry and cut it into four equal rectangles. Divide each rectangle in half lengthwise to get eight strips. Lightly score the pastry into thirds horizontally, but don't cut all the way through.
4. Brush the pastry strips with melted butter and sprinkle a generous mix of cinnamon and sugar over the surface.
5. Place a row of apple slices along the top edge of the pastry, letting half of the apple hang over the edge. Gently fold the bottom two-thirds of the pastry over the apples.
6. Roll the strip from one end to the other, keeping the apple slices tightly packed. This creates the rose shape. Carefully place each rose into a muffin tin cup.
7. Brush the tops of the roses with the beaten egg wash for a beautiful gold finish. Bake for 20-25 minutes until the pastry is puffed and golden brown.
8. Let them cool for a few minutes, then dust with powdered sugar before serving.

Nutrition per serving

280 kcal	4 g	32 g	16 g
Calories	Protein	Carbs	Fat

Tips & notes

- If your apples are particularly juicy, pat them dry with a paper towel before placing them on the pastry to avoid a soggy bottom.
- For an extra touch of richness, you can dab a tiny bit of apricot jam on the apples before baking for a professional glaze.
- Make sure the oven is fully preheated; puff pastry relies on that initial hit of heat to rise.