

RESCUE*RECIPE - APPLE DANISH

Filling ingredients:

- 2 lb **apples** (weighed whole) = approx. 3 cups peeled, cored, diced and par-cooked, drained
- ¼ squeezed lemon
- ½ cup brown sugar
- 1 Tbsp cinnamon
- 1 Tbsp cornstarch
- (raisins, craisins optional)

Easy Pastry ingredients:

- 2 cups flour
- ½ cup butter (or margarine)
- ¾ cup vanilla yoghurt

Icing ingredients:

- ½ cup icing sugar
- 1 Tbsp of cream cheese
- ½ tsp vanilla flavour
- Warm milk added 1 tsp at a time

Apple filling:

Prepare the apples; wash, peel, core, dice add lemon juice. Mix and place in microwavable container. Cook at 2-minute intervals, stirring in between, until apples soften, some may turn mushy. Drain off excess juice.

- Add remaining ingredients to apples, stir. Set aside.
- Drain off excess moisture again before using.

Pastry:

- Cut butter into flour with a pastry blender until crumb texture. Add yogurt, stir to mix, then blend by hand into soft dough.

DIRECTIONS

- Set oven to 350' temperature.
- Lightly flour a cool, flat surface.
- Roll out pastry to a large square, approximately ½-¾ cm deep.
- Use a pizza cutter to cut into 9 equal squares (3x3).
- Place a heaped spoonful of apple filling in the middle of each square.
- Draw up corners together above topping, pinch together and crimp seams together. Place on greased baking trays. 1 1/2 inches apart.
- Bake in oven for approximately 25 minutes. Check every 5 minutes from the 20-minute mark to see if the bottom and surface are golden brown. (Oven temperatures can range widely... so this could take up to 35 minutes.)

When done, remove from oven, remove pasties to a cooling rack for 10 minutes.

While pasties are cooling, make the icing. Keep beating to a smooth paste. Add milk in very small quantities last to ensure that it doesn't get too runny. Squeeze from an icing bag or drizzle from a fork, overtop of pastries.

Ready to enjoy!



Freeze (uncooked) option:

Pastries can be placed on the baking tray in the freezer for 15 minutes to firm up - then can be bagged (and stored in freezer) to cook at a later date.

When cooking from frozen, increase cooking time by at least 5 minutes.

FUNKY FOOD FACT:

THERE ARE OVER 500 DIFFERENT VARIETIES OF APPLE TREES ON SALT SPRING ISLAND ALONE!

MANY ARE AVAILABLE TO SAMPLE AT THEIR ANNUAL APPLE FESTIVAL HELD IN SEPT EVERY YEAR.

ONLY AROUND A DOZEN VARIETIES ARE COMMERCIALY GROWN IN THE PROVINCE.