

# Salt and Serenity

## Apple Maple Rose Tarts

This recipe uses store-bought frozen puff pastry. Make sure you buy a brand that is made with all butter, not shortening. In Canada, [PC makes an excellent one](#). It usually comes 2 sheets to a box. For this recipe you only need one sheet to make 6 tarts. It is best to thaw the pastry overnight, in the fridge.

You will also need a 4½-inch round cookie cutter. You could also just use a small round plate that measures 4 ½ inches in diameter to cut the circles of dough.

Makes 6 mini tarts

### Apple Roses:

6 red skinned apples (any of these: Honeycrisp, Jazz, Cortland, Fuji, Pink Lady)  
2 lemons  
3 drops pink gel food colouring (optional)  
1 sheet (227 grams) frozen all-butter puff pastry, thawed overnight in fridge  
60 grams (6 teaspoons) [maple butter](#)  
1 cup granulated sugar mixed with 1 teaspoon ground cinnamon  
1 large egg, lightly beaten with 1 Tablespoon water for egg wash  
57 grams (¼ cup) unsalted butter, melted  
Icing sugar for dusting  
Vanilla or salted caramel ice cream (optional)

1. **Make apple roses:** Fill a large microwave safe bowl with cold water and squeeze in the juice of one lemon. Whisk in pink food colouring if desired. This will give the flesh of the apples a faint tinge of pink. Cut apples in half vertically. Use a spoon or small melon baller to remove core. Cut each apple half vertically into slices about 1-mm thick. A mandolin is really the best tool to do this, but if you have a very sharp knife, it can be done by hand. Submerge the slices into the bowl with the lemon water.
2. Microwave bowl of apples on full power for 5 minutes. This will soften the flesh so that the slices can be shaped easily. Test a slice by bending and rolling it between your fingers – if it cracks, microwave for a further 60 seconds and test again. The apple slices need to be soft but still pliable. The time needed varies depending on your microwave and type of apples used. In my microwave, it took almost 9 minutes. It's best to test in 60 second increments after the initial 5 minutes.
3. While apples are cooking, fill a second large bowl with cold water and the juice of the second lemon and set aside. Once cooked apples are soft and pliable, drain off the hot water, submerge in cold lemon water and drain again.
4. Line a large baking sheet with paper towel and arrange the apple slices in a single layer on the paper towel to dry them off. Once the sheet is filled with apple slices, cover with a second layer of paper towel, and continue layering. Cover with plastic wrap and chill in fridge while you get puff pastry ready.
5. Remove puff pastry from fridge and remove from plastic wrapper. Unfold/unroll pastry and lay it on a lightly floured countertop. Sprinkle a little flour on top of the pastry. Roll pastry into a rectangle 9x14 inches. Using your cookie cutter or plate and sharp knife, cut 6 circles. Lay circles on a parchment lined baking sheet and refrigerate while you form the apple roses.

6. Lay 18 of the apple slices on a clean counter in a neat row, overlapping each slice as you do. Start to roll at one end of the row and gently manipulate them into a complete roll, to resemble a rose. Check my blog to see a video of this. Place completed roll on a plate and continue rolling until you have 6 roses.
7. Preheat oven to 425°F, with oven rack in the lower-center position. Remove puff pastry circles from the fridge. Spread one teaspoon of maple butter in the center of each circle, leaving a one-inch border. Sprinkle one teaspoon of cinnamon-sugar over the maple butter. Brush the border with egg wash.
8. Place one apple rose in the center of each pastry circle, and gently spread out the slices to get the effect of petals blooming. Bring up the sides of the pastry to encase the bottom half of the apple rose, pinching and pleating as you go around. Place each finished tart on a parchment lined baking sheet. Drizzle each apple rose with 2 teaspoons melted butter and sprinkle with 2 teaspoons of cinnamon sugar. Place baking sheet in the freezer for about 10 minutes to firm up pastry.
9. Cut six 4-inch squares of aluminum foil. Tent each apple rose with a foil square. It won't go all the way to the bottom of the tart, the pastry will still be exposed, which is what you want. The foil protects the apples from burning, since they are sliced so thin.
10. Bake tarts for 10 minutes and then reduce oven temperature to 375°F. Bake for an additional 30-35 minutes until pastry is golden brown on sides and bottom. Remove from oven, remove foil tents over the roses and let cool for at least 15 minutes. Dust top of each tart, lightly with icing sugar. Top with a scoop of ice cream if desired.

Leftover tarts will keep for a day or two. Just leave them out on the counter, uncovered. If you cover them, the pastry will get soggy.