

Pear and Maple Turnovers

Season: Winter

Serves: 36 tastes

Recipe source: adapted from recipetineats.com

Notes: As this recipe is being prepared by year 1 and 2 students, the filling has been prepared for you.

Equipment:	Ingredients:
Chopping boards	6 pears, peeled, cut into 1 cm cubes
Knives	2 tablespoons maple syrup
Ruler	2 teaspoons vanilla
Bowl	1 tablespoon corn flour
Fork	Demerara sugar
Pastry brush	4 sheets puff pastry
2 Baking trays	1 egg, beaten

What to do:

- Filling** – Put pears in a large saucepan. Add maple syrup and vanilla. Cook on medium to medium-high heat, stirring regularly, for 10-15 minutes. Pear should be softened but not mushy or losing shape. Add a little water if needed to prevent sticking to the bottom of the pan. Mix corn flour with a little water in a small bowl. Pour into the saucepan and stir until the sauce is thickened.
- Cool** – allow the filling to fully cool.

Make turnovers –

- Preheat the oven to 180°C fan forced.
- Working one puff pastry sheet at a time, barely thawed, cut into 9 squares. Use a ruler to make sure that the squares are even sized. Put the square in front of you so that it looks like a diamond shape.
- Place 1 heaped teaspoon of filling in a line down the centre of the pastry. Fold to make triangular turnovers. Use your fingers to squeeze the edges to seal with a thin border, then use a fork to mark the edge. NOTE: Avoid

using sauce as it makes the base soggy and if it leaks, the edges will not seal. Save leftover sauce for pancakes, French toast, ice cream etc!

4. Transfer to a baking tray lined with baking paper.
5. Slice 3 little slits into the top to allow steam to escape. Brush the top of the pastry with beaten egg using the pastry brush. Sprinkle with a little demerara sugar. Bake for 15-20 minutes until golden and puffed. Cool for a few minutes before serving.