



### **Apple Rose Cups**

*Delicious, sweet ending to any meal*

1 (17.3 oz.) package puff pastry sheets

1/2 cup granulated white sugar

1/2 teaspoon ground cinnamon

5 cups water

Juice from 1 fresh lemon

1/2 cup granulated sugar or as desired

4 to 5 large red apples

1/2 cup salted butter, melted, cooled

All-purpose flour as desired for dusting the rolling surface

Garnish: Confectioners' sugar as desired; mint sprigs

Serve with as desired caramel topping or applesauce

**Before Starting:** Lightly grease or butter cups in 12 cup standard size muffin tin; Locate a mandolin or thin apple slicer and pastry mat.

Preheat oven to 375-degrees F.

**Preparing Ingredients:** Defrost puff pastry sheets at room temperature until softened and able to roll out. In a small bowl, combine sugar and cinnamon; set aside to use when assembling the apple roses.

**Cutting the Apples:** Add water to an 8-cup saucepan, squeeze and add strained lemon juice and sugar; stir to dissolve sugar. Cut each apple in half, remove the core, stem, and blossom ends. With cut side down, slice the apples into 1/8-inch-thick slices or use an apple slicer for even slicing. Immediately, place apples in the saucepan filled with lemon sugar water.

**Melt Butter;** In a small saucepan or in the microwave, melt butter; set aside to cool.

**Soften Apple Slices:** Over medium high heat, bring the apples to a simmer; reduce heat to simmer; cook for about 1 to 2 minutes or until apple slices become pliable and easily bendable. (Do not overcook) Remove apples with a spider tool or slotted spoon; set drained apples evenly on paper towel lined pan to quickly cool thoroughly.

**Roll Out Pastry Sheets:** Work with one pastry sheet at a time. Sprinkle with a little flour if needed. Roll each sheet to an approximate dimension of 12 x12-inch. Cut the sheet into 2 x12 inch strips. If the dough becomes too soft, re chill dough in the refrigerator for 10 to 15 minutes.

**Prepare Puff Pastry Strips:** Work with one puff pastry strip at a time. Brush strip with the melted butter, leaving a free margin around the edges of each strip. Sprinkle with the reserved sugar/cinnamon over the buttered area. Place apple slices at the top of each strip in an overlapping manner. Position the slices so that the top arch of the slice is about ¼ to ½ inch above the puff pastry edge.

**Fold and Roll Pastry Strips:** Fold the bottom half of the puff pastry strip over the apples, seal the ends of each strip with a firm finger press. Beginning at one end, loosely roll up the strip. Place each “rolled rose” into a buttered muffin cup of the prepared pan.

**Bake the Rose Cups:** Bake the roses in a 375-degree F oven on a lower rack for 30 minutes or until the pastry is puffed and thoroughly baked. Cool the roses in the pan for 5 minutes or until able to handle easily; then transfer to a cooling rack to continue cooling. Dust with confectioner's sugar. Pair each rose cup with a small scoop of your favorite vanilla ice cream or place on a caramel sauced dessert plate  
Yield: 10 to 12 rose apple cups

**Cook's Note:**

- We tried making these with gluten free puff pastry, but the dough was difficult to shape and roll. It was a real challenge to use the gluten free puff pastry dough. Regular puff pastry dough would be preferred, making the shaping and rolling procedure easier.
- Remove the Rose Cups from the pan while still warm as the syrupy juices can adhere to the pan.
- When working with puff pastry, reheat if it becomes too sticky.
- Select very red apples for the beautiful rose flower appearance.
- Other recipes have brushed the inside with thin strained apricot jam for more flavor.
- Three things to know: Watch the temperature of the puff pastry' cut the apple thinly; cook apples only until able to bend them.
- Use the leftover apple slices and some of the lemon sugar cooking liquid to make some delicious applesauce.

**Recipe by:** Kitchenart; also, the blog. "Cooking with Manuela"

**About the Recipe:** The apple cups are beautiful and so delicious. They are easier to make than they look. This recipe has been on the Internet for some time and has appeared as pies and cake. The little cups have plenty of apple pie flavor encased in the buttery puff pastry. A stunning dessert!

**Why are Apples a Global Fruit?** Apple trees are cultivated worldwide and are the most widely grown species in the genus *Malus*. The tree originated in Central Asia, where its wild ancestor, *Malus sieversii*, is still found today. Apples have been grown for thousands of years in Asia and Europe and were brought to North America by European colonists