**Apple Galette**

Cooking Principle-Pastry

Groups of 2/3 Students

Pastry:

250ml flour

2ml salt

50ml shortening

50ml margarine

½ egg

7ml lemon juice

15ml cold water

Method:

1. Preheat oven to 400 F
2. Combine flour and salt in mixing bowl.
3. Cut in shortening and margarine into flour with pastry blender until mixture is uniform and resembles coarse crumbs.
4. Stir the water, egg and lemon juice together in a small bowl. In a circular motion pour contents onto flour mixture.
5. Stir with a fork until the mixture is moistened. Make sure not to over mix to prevent making a tough crust.
6. Roll into an oval using a rolling pin. Place on parchment paper on cookie sheet.

Filling:

1 and ½ apples

5ml cornstarch

2ml cinnamon

25ml sugar

5ml lemon juice

Method:

1. Wash apples and slice into thin pieces.
2. In a separate bowl, mix cornstarch, cinnamon, sugar and lemon juice together
3. Toss apples into mixture until they are coated.
4. Place in the centre of the rolled out pasty and fold edges of pastry to create a pocket
5. Wish a brush, spread egg and milk mixture over the edges of the crust to provide a shiny glaze.
6. Place in oven and bake for 20-25 minutes.
7. When apple galette is done, sprinkle with a dusting of icing sugar.

