

# The Apple Turnover



Serves :

7



Prep :

3h00



Rest :

Freezing : -  
Refrigeration : 6h



Cook :

Temperature : 338-392°F  
Time : 40 min.

## Special equipment

- Turnover cutter
- Knife
- 3 mm dough thickness guides
- Ruler

## List of recipes

- ✓ Inverted puff pastry
- ✓ 30° Baumé syrup
- ✓ Compote
- ✓ Egg wash



# Steps

- 🌀 **Making of the inverted puff pastry** See tutorial on Puff Pastry
- 🌀 **Making of the 30° Baumé syrup** Page 3
- 🌀 **Making of the compote** Page 4  
*Rest for at least 2 hours in the refrigerator*
- 🌀 **Roll out the inverted puff pastry** Page 5  
*o a thickness of 3mm and a rectangle of 25\*51cm*
- 🌀 **Cut out the pastry (using a Turnover cutter)** Page 5
- 🌀 **Lengthen the discs to 20 cm.** Page 5  
*Rest for at least 2 hours in the refrigerator*
- 🌀 **Moisten the disc** Page 5
- 🌀 **Add the compote (50 g)** Page 5
- 🌀 **Close the turnover** Page 6  
*Rest for 30 min. in the refrigerator*
- 🌀 **Apply the first layer of egg wash (egg yolk + cream)** Page 6  
*Rest for 30 min. in the refrigerator*
- 🌀 **Apply the second layer of egg wash** Page 6  
*Rest for 15 min. in the refrigerator*
- 🌀 **Score the turnovers + make holes** Page 6
- 🌀 **Bake with fan-forced heat** Page 6  
*10 min. at 200°C/392°F + 20 min. at 180°C/356°F + 10 min. at 170°C/338°F*

# The 30° Baumé syrup

## Ingredients



- ☑ 85 g ~ Water
- ☑ 115 g ~ Superfine sugar
- ☑ 30 g ~ Amber rum

- o In a small saucepan, pour:
  - 115 g of superfine sugar and
  - 85 g of water.
- o Heat over medium heat and stir occasionally to dissolve the sugar.
- o Stop cooking at 103°C/217°F (the sugar should be completely dissolved).
- o Let cool for 10 minutes and add 35 g of amber rum, then mix.
- o Reserve the syrup in the refrigerator.



# The compote

## Ingredients

- ☑ 50 g ~ Water
- ☑ 15 g ~ Brown sugar
- ☑ 5 apples (Pink Lady)
- ☑ 1 tsp of cinnamon or vanilla

- Peel about 5 apples (we will need 50g of compote per turnover).
- Remove the cores of the apples but do not discard them.
- Cut the apple quarters into small pieces to make it easier to make the compote.
- Pour the apple pieces and cores into a large saucepan with 50g of water and 15g of brown sugar (depending on taste).
- Simmer over low heat (covering the saucepan). Stir occasionally to prevent the bottom of the pan from burning. At this stage, you can add spices such as cinnamon or vanilla.
- Remove the lid towards the end of cooking to dry out the compote. Stop cooking when the apple pieces start to break down.
- Remove the cores and seeds, then pour the apple pieces into a food processor.
- Mix according to preferences (smooth compote or with pieces), but the compote should not be liquid, it should hold its shape.
- Pour the compote into an airtight container and refrigerate for at least 2 hours.

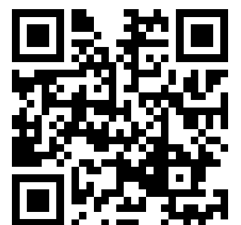


## Ingredients

- ☑ 570 g ~ Inverted puff pastry
- ☑ 1 ~ Egg yolk
- ☑ 5 g l ~ Liquid cream

## Making

- o To make the apple turnovers, you will need +500g of inverted puff pastry (570g for 7 turnovers) and a turnover cutter (12cm in width).
- o Roll out the puff pastry to 3mm thickness, making sure it doesn't stick to the work surface. The sheet should be at least 25cm wide and 51cm long to make 7 turnovers.
- o Using the cutter, cut each sheet lengthwise (see tips).
- o Roll the center of each disc with a rolling pin to form an oval 20cm long, avoiding rolling the edges (about 1-2cm).
- o Before measuring each disc, lift it off the work surface. Stop rolling when it reaches a size of 20cm.
- o Place each disc on top of each other (if they don't stick together) and on a baking sheet lined with parchment paper.
- o Don't make a ball with the leftover dough, but stack them and roll out the whole thing. Cut out the 7th turnover.
- o Cover the discs with cling film to prevent them from drying out and refrigerate for at least 2 hours (ideally overnight).
- o Lightly moisten the edges of the disc with a brush and water on 2/3 of it (this will serve as glue to seal the disc).
- o Using a tablespoon, place 50g of compote on the bottom part of the disc and lengthwise.



# Making Apple Turnovers

## (continued)

- o Close the disc by overlapping the two ends (the ones that were not flattened), then stretch the sides slightly to obtain a perfect edge-to-edge seal. It is imperative not to let the compote come out on the edges, otherwise the turnover will open during baking.
- o Seal the pastry by pressing firmly all around the compote (without crushing the edges).
- o Gently place each turnover (the flat part of the pastry) on a baking sheet lined with parchment paper and refrigerate for 30 minutes.
- o Turn them over to apply the egg wash (made with 1 egg yolk + 5g of heavy cream) to the flat part of the pastry. The layer of egg wash should be thin!
- o Place the turnover back on the baking sheet, but this time on its rounded part.
- o Refrigerate the turnovers again for 30 minutes.
- o Apply a second layer of egg wash, being careful not to put any on the edge of the pastry.
- o Place the turnovers back in the refrigerator for 15 minutes before scoring. Use a cutter, scalpel, or very sharp knife to score the pastry. The cuts should be very light.
- o Using a toothpick or the tip of a knife, make 2 holes of 2-3mm in diameter on the thick edge of the pastry to allow the steam generated by the compote to escape.
- o Bake the turnovers at 200°C/392°F with fan mode for 10 minutes, then lower to 180°C/356°F for 20 minutes and finish at 170°C/338°F for an additional 10 minutes. (monitor the cooking process as it depends on each oven)
- o When the turnovers come out of the oven, brush each one with 30° Baumé syrup.



# Tips

## ❖ To avoid accidents of the pastry opening during baking:

Using a tablespoon, make a sort of quenelle of compote (50g) that you place on a baking sheet and freeze. This way, you just have to place this frozen quenelle of compote on the pastry disc (same tip for the galette des rois with frangipane). This way, you won't risk making the compote overflow during the assembly of the pastry.

## ❖ The apple turnover:

You can also make a compote with other fruits, for example, I love mixing rhubarb and apple! Or pear, for example. What is important is that the compote should not be too liquid and not release too much water during baking! So make sure it is somewhat dried out. (store-bought compote won't work: I challenge you to make a beautiful quenelle with that kind of compote!)

To add more crispness to your turnovers, sprinkle powdered sugar on the baking sheet on which you will place them. This way, the bottom of the turnovers will be caramelized!

## ❖ Cutting the turnovers:

Cutting (using the oval or round cutter) should be done lengthwise where the puff pastry has been rolled out.

## ❖ Determining the number of apple turnovers:

For the apple turnovers, each turnover will require 80g of puff pastry (even if the actual weight used for a pastry disc is 70g) and 50g of compote.

Since cutting is done lengthwise, you will need to roll out the puff pastry with a minimum of 25cm in width and 51 cm in length. (because I use a 12x17cm cutter) This way, you can make 6 turnovers (2 in the widthwise direction and 3 in the lengthwise direction). The 7th turnover will be made with the remaining scraps.