

RECIPE 23

This recipe makes approximately 12 parcels.

Apple and Apricot Filo Parcels

INGREDIENTS

50g butter
3 dessert apples - peeled, cored and chopped
grated zest and juice of 1 lemon
50g 'ready to eat' dried apricots - sliced
1 tablespoon muscovado or soft brown sugar
1/2 teaspoon ground cinnamon
1 pack filo pastry
icing sugar - for dusting

EQUIPMENT

small saucepan, lemon squeezer,
chopping board, sharp knife, melon baller,
grater, mixing bowl, teaspoon, tablespoon,
pastry brush, baking tray, cooling tray, sieve

HOW TO MAKE IT

1. Heat the oven to 190°C/
Gas 5. Melt the butter in a
saucepan, turn off the heat.

2. Grate the zest from the
lemon. Squeeze the juice and
pour it over the chopped
apples in a mixing bowl. Add
the zest, apricots, brown sugar
and cinnamon. Mix thoroughly.

3. Take a sheet of filo pastry
and fold it in half lengthways.
Brush the pastry with butter.

4. Place 1 tablespoon of the
fruit mixture on the end of
the strip of pastry nearest to
you. Fold the pastry over in
triangles. Seal the end.

5. Place the parcels on a
baking sheet and brush
them lightly with butter.

6. Bake for 10-15 minutes
until golden-brown. Place
the cooked parcels on a
cooling tray.

7. Serve the parcels dusted
with icing sugar.

COOKING KNOW-HOW

Adult preparation.

- 1.** Wash your hands (no nail varnish) and wear an apron.
- 2.** Collect all the ingredients and equipment. Arrange them on the table so that all the children can see them.
- 3.** Discuss the ingredients and equipment - what they are, how to weigh and measure them and how they are to be used.

SHOW THE CHILDREN

- how to peel the dessert apples;
- the 'bridge' cutting technique to halve the apples and, using a melon baller, to remove the core from the cut halves;
- how to grate the zest from the lemon and squeeze the juice;
- how to melt the butter and brush it on the filo pastry, place the filling and fold the parcels;
- parcels dusted with icing sugar.

The children may, under supervision:

- core the halved apples with the melon baller;
- use the 'bridge' and 'claw' cutting techniques to cut the quartered cored apple into dice and slice the apricots;
- grate the lemon zest and squeeze the juice;
- melt the butter and brush the pastry;
- fold the parcels and bake them.

SKILLS

'Bridge' and 'claw' cutting skills, coring, grating, lemon squeezing, melting, brushing.

HOT TIPS

Keep filo pastry covered with clingfilm or a clean damp tea towel to prevent it from drying out.

Try other combinations of fruit as they come into season such as raspberries and peaches.

