

APPLE BRAID

Cookery Principle: Biscuit Method

Ingredients:

250 ml flour
10 ml baking powder
15 ml sugar
1 ml salt
50 ml shortening
50 - 75 ml milk

Filling:

1 apple
30 ml sugar
5 ml flour
1 ml cinnamon
f.g. nutmeg

Equipment:

small bowl
medium bowl
fork
pastry blender
small measures
dry measures
liquid measure
paring knife
wax paper
rolling pin
baking sheet
large spoon
sieve
custard cup
cutting board
parchment paper

Method:

1. Preheat oven to 375° F; adjust oven racks; line pan with parchment paper.
2. Sift flour and combine dry ingredients in a large bowl.
3. Cut in shortening using a pastry blender until resembles oats.
4. Add milk gradually and stir using a fork until just combined. Form a ball and knead dough 8-10 times.
5. Wash, peel, core, and slice apple and place in medium bowl.
6. Mix together spice ingredients (sugar, flour, cinnamon) in a custard cup and sprinkle over apple. Stir to coat apples.
7. Roll dough into 18 x 40 cm rectangle (8" x 16").
8. Score dough into thirds (vertically). Do not cut.
9. Spoon filling into the middle third vertically.
10. Slice outer third portions horizontally into 2 cm wide strips.
11. Braid by crossing strips alternately on top of filling and seal ends using milk.
12. Sprinkle with sugar (after placing on baking sheet).
13. Bake until golden brown about 20 - 25 minutes.

Product Standards: Golden brown, tender flaky biscuit, neatly braided, tender apples