

GF Friendly

Easy Fruit Puffs

a quick alternative to fruit mince pies

I take no credit for these because my wife makes them. Also known as Eccles cakes, and traditionally having a fruit mince filling, there's no reason that they couldn't be made with any **cooked** fresh fruit such as apples; or canned fruit should be okay as long as it is cut small enough and **drained well beforehand**. The pastry can be shortcrust, and some may prefer a home-made filling; but by far the easiest way is to use frozen puff pastry and fruit mince straight from the jar – Robertson's recommended if available

- 2 sheets frozen puff pastry
- 200g fruit mince, or cooked fruit of choice
- Milk for brushing
- Sugar to sprinkle – raw or granulated white



De-frost the pastry sheets, but take care they don't dry out. Lay these on a flat surface and cut each into quarters, leaving them on the backing.

Mound a well-heaped teaspoon of fruit in the centre of each pastry square (don't be tempted to add more, otherwise they will split open when cooking).

Work round in a circle, folding each square in from the corner, and also fold in the peaks still sticking out from the sides, to completely enclose the filling. Transfer each to a lightly floured board and roll to about 1.5cm (½ inch) thick. With the folded side underneath, make three slits on each with a knife, just through the top pastry layer.



Transfer to an oven-proof tray lined with baking paper. Finally, brush each with milk, sprinkle with sugar and bake on 190°C fan-forced (210°C conventional) for 15-20 minutes, or until golden brown and puffed up.

Makes 8 puffs

would probably freeze okay

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