

Miso Maple Apple Puff Pastry — SCRAPS by Carolina Gelen

Ingredients

- 1 sheet puff pastry, about 0.5 lbs, thawed in the fridge overnight
- 1/2 cup (136 g) maple syrup
- 1/4 cup (50 g) heavy cream or full-fat coconut milk
- 2 tablespoons (30 g) butter or vegan butter
- 1 to 2 1/2 tablespoons white miso or salt
- 1/4 teaspoon ground cinnamon
- 1/2 teaspoon vanilla extract
- 2 to 3 pink lady apples, honey crisp apples, or any sweet, crisp red apple
- 1 to 2 tablespoons lemon juice or apple cider vinegar
- 1 egg for brushing, or vegan milk or butter
- Flour for dusting the work surface
- Vanilla (or any other) ice cream for serving

Instructions

1. Bring the maple syrup to a simmer in a saucepan over medium-low heat, and simmer for 1 to 2 minutes. Add the butter, and mix to incorporate. Add the heavy cream, and whisk. Lastly, turn the heat off and whisk in the miso paste, a tablespoon at a time. Taste, and add more miso as needed. Set aside.
2. Heat the oven to 375°F or 190°C. Line a baking sheet with parchment paper.
3. Cut the apples into 0.3-0.5 cm thick slices. Lightly drizzle lemon juice or ACV on top to prevent them from browning.
4. Roll the puff pastry on your lightly floured work surface to a 0.5 cm thickness.
5. Divide the pastry into 9 rectangles. Place the pastries on the baking sheet. Create a rim around each pastry piece using a knife. Poke the middle of the pastry with a knife or fork. Brush the edges with egg wash. Lightly brush the miso maple caramel over the base of the pastry. Arrange the apple slices in the middle of the puff pastry over the fork-poked area.
6. Brush more maple miso caramel over the apples and bake for 12 to 15 minutes or until the puff pastry edges become golden brown.
7. Serve warm with more miso maple caramel and ice cream on the side.