



## **Apple and Pear Pastry with Cinnamon Pear Balsamic Caramel**

### Ingredients :

4 small apples

2 small pears

egg wash – 1 egg mixed with a splash of water

### Ingredients For the Cinnamon Pear Balsamic Caramel:

1 TBS unsalted butter

1/4 cup brown sugar

1 TBS Natural Olive Cinnamon Pear Balsamic Vinegar

1/2 tsp salt

### Ingredients For the Pastry Dough:

4 cups all purpose flour

1 tsp salt

1 lb COLD butter

1 1/4 cups ice water

Directions : For the Pastry Dough: In a large bowl mix together the flour and salt. Cut the butter up into 1/2 inch slices (NOT CUBES) and toss into the flour mixture until the butter pieces are coated and separated.

Add the ice water and quickly mix with a spoon. Large pieces of butter will remain and the dough will be incredibly sticky.

Turn out onto a floured surface and knead 10 times by pressing and pushing the dough together to form a rough ball. Shape the dough into a rough rectangle. it will have dry looking areas and be lumpy. Make the corners as square as possible. Slightly flatten it.

Working on a well-floured surface, roll the dough into an 18×15-inch rectangle. Fold crosswise into thirds to form a 15×6-inch rectangle. Give dough a quarter turn, then fold crosswise into thirds to form a 5×6-inch rectangle and to create 9 layers. Repeat the rolling, folding, turning, and

folding process once more, forming a 5×4-inch rectangle.

Wrap dough with plastic wrap. Chill for 20 minutes. Repeat the rolling and folding process 2 more times. Before using, chill dough for 20 minutes more.

For this recipe you will only use about half of the dough produced. Put the other half in the freezer for another time.

While the dough is chilling peel and core the apples and pears and cut them into 1/2 inch slices.

For the Cinnamon Pear Balsamic Caramel: Put the butter, salt and brown sugar in a large saute pan. Let them melt together until they form the beginnings of a caramel.

Add the Cinnamon Pear Balsamic Vinegar. Let the mixture just come to a boil. Lower the heat and add half of the apples and pears. Let them cook until the fruit is very soft. Add the remaining apples and pears. Cook until the fruit is just beginning to soften and the caramel is nice and thickened. Set aside.

For the Complete Pastry: Preheat the oven to 400°. Take the pastry dough out of the refrigerator, unfold it and cut it in half. Roll the dough into a rectangle, 1/4i thick, 15i by 18i. Keep rolling for the dispersion of the butter. Trim the edges.

Cut about 2i in on each side to make strips. Move the dough to a parchment or silicone lined baking sheet. Place the apple/pear caramel mixture down the center.

Fold the bottom and top up and under and trim. Bring the two opposing sides together, twist and let the ends fall to the other side. Brush with the egg wash.

Bake at 400° for 40 – 45 minutes until nice and brown. Turn the pastry halfway through baking. Let cool on a wire rack.

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