

Cooking made easy

No Added Sugar Mince Pies

Filling:

- 2 cooking apples
- 2 eating apples
- 2 handfuls of sultanas
- Cinnamon (optional)



Christmas BAKE OFF

Pastry:

- 200g/8oz plain flour
- 100g/4oz unsalted butter (cubed) 2
- tbsp cold water



Preheat oven to 180°C / Gas Mark 4

1. Sift the flour into a bowl and add butter. Using your fingertips, rub in the butter until it resembles fine crumbs.
2. Sprinkle with 2 tablespoons cold water, then stir until it clumps together – add a little more water if it is dry.
3. Bring the mixture together to a rough ball. Tip out onto a lightly floured surface and knead very briefly until you have smooth firm dough – do not overwork as you will end up with tough pastry!
4. Wrap in cling film and pop in the fridge for 30 minutes – this relaxes the gluten in the flour and stops it shrinking during cooking.
5. Meanwhile, peel and core the apples.
6. Chop the apples into small pieces and stew in a pan with a little water and the sultanas until soft.
7. On a clean, dry surface sprinkle some plain flour and roll out the pastry as thinly as possible without it tearing.
8. Using a pastry cutter (or an upturned mug) cut pastry into circles. Press half into a greased cupcake tray.
9. Fill cases with stewed apple and sultana mix. Sprinkle cinnamon over.
10. Using a pastry brush, dampen the top rim of the pastry case with water. Place on another circle to cover and press firmly around edge. Spike lids with a fork.
11. *OPTIONAL*: glaze with milk so they turn golden in oven.
12. Cook in oven at for around 15 to 20 mins, until golden.