

# WILD HIBISCUS & APPLE PASTRY DESSERT



Recipe By: Jocelyn Etherington, Wild Hibiscus Flower Company

Serves 12

## INGREDIENTS:

11 Wild Hibiscus Flowers drained and chopped roughly (reserve syrup).  
1/2 cup (125ml) Wild Hibiscus Flower Syrup  
7 large green apples, peeled, cored and chopped into cubes  
1 tsp ground cinnamon  
3 heaped tbsp. custard powder mixed in 1/2 cup of cold water  
3 square sheets of store-bought frozen puff pastry  
1 tbsp coconut sugar (or raw sugar is fine too)  
Extra jar of Wild Hibiscus Flowers in Syrup (optional) to garnish each pastry

## METHOD:

Pre-heat oven to 200 °C / 390 °F. Place a 12 piece muffin tray on bench. Remove pastry sheets from freezer. Lay out pastry sheets flat on plastic wrap to thaw slightly. Cut 3 pieces of same sized sheets of baking paper then cut those sheets into 4 (so you have 12 squares of baking paper).

Combine chopped hibiscus flowers, hibiscus syrup, apple pieces and cinnamon in a large saucepan. Cover and simmer on low heat for about 10 minutes or until apple pieces are very tender but not completely falling apart. Turn heat off and immediately stir through custard and water mix gently until it thickens. Set the mix aside.

Cut each sheet of pastry into 4 even squares. Place each square of pastry onto a piece of the baking paper then mold both gently into a muffin tray to form a pastry cup with paper on underside. Do this for all 12 pieces of pastry and paper.

Fill each pastry cup evenly with the apple and hibiscus mixture. Gently press corners together for each pastry cup (the pastry edges do not have to fully seal). Sprinkle with the coconut sugar.

Bake for 30 minutes or until pastry has puffed and is golden brown. Serve each pastry warm with ice-cream and / or custard in pretty tea cups or on a dish. Garnish with a whole hibiscus flower and drizzle of syrup if desired.

Also delicious cold. Keeps well for up to 3 days refrigerated.