

Apricot Frangipane Croissant Pastries

Adapted from a long-ago recipe from a cooking class



1 pound Pepperidge Farm Puff Pastry Sheets, defrosted in refrigerator at least 24 hours ahead
8 canned apricot halves, drained, or fresh apricot halves, and/or fresh blackberries

1 large egg, mixed with a teaspoon of water, for glazing pastries

1 1/2 tablespoons Turbinado sugar, for sprinkling on top

FRANGIPANE FILLING:

3 tablespoons unsalted butter

1/4 cup sugar

1/2 cup almond meal

1 large egg

1/2 teaspoon almond extract

2 tablespoons all-purpose flour

Serving Ideas: Can be served hot or at room temperature.

Will not keep overnight as the dough will get soggy.

Per Serving (excluding unknown items): 143 Calories; 9g Fat (52.5% calories from fat); 3g Protein; 14g Carbohydrate; 1g Dietary Fiber; 58mg Cholesterol; 20mg Sodium; 11g Total Sugars; trace Vitamin D; 28mg Calcium; 1mg Iron; 135mg Potassium; 61mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com

Servings: 8

Preparation Time: 20 minutes

Start to Finish Time: 24 hours

NOTE: Defrost pastry sheets for a minimum of 24 hours in the refrigerator.

1. Roll out puff pastry onto floured board. Use a floured rolling pin to flatten slightly and cut into squares approximately 5 1/2" x 5 1/2" inches. You may want to cut off the corners so the pastries roll inward more easily.
2. FRANGIPANE: Using a hand mixer, combine butter and sugar until thoroughly mixed and crumbly. Add almond meal, egg, almond extract, adding flour last. Mix until there are no streaks in the batter.
3. Spread about 2 tablespoons of frangipane in the middle of the puff pastry square. Top with a drained apricot half, cut side down (or with about 7 blackberries in one layer). Roll the pastry edges toward the middle, leaving some space between the filling and the edges. Press the edges gently (crimping like a little pie crust) so they will hold in place.
4. Add about a teaspoon of water to the beaten egg and whisk. Brush the croissant with the egg wash. Top with turbinado sugar.
4. Preheat oven to 375°. Place the pastries on a Silpat lined baking sheet and bake approximately 30 minutes.