



# Apple recipes



**Collège La Plaine - France**

## Layout :

This book has been made by Kévin, Mia, Mathys, Maëlle, Sarah, Evan, Abdessalem, Damien, Adyssonne, D., Marielle, Marie-Hélène, Lionel.

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*Apple*

*Recipes*





# SUMMARY



Apple and pear compote with vanilla



Roasted apple butter shorfbreads



Apple and bananas turnovers

# Apple and pear compote with vanilla

People

Very easy

Cheap



# Ingredients :

- ✓ 400 g apple
- ✓ 400 g pear
- ✓ 1 glass of water
- ✓ 1 packet of vanilla sugar
- ✓ 150 g sugar



# Preparation :

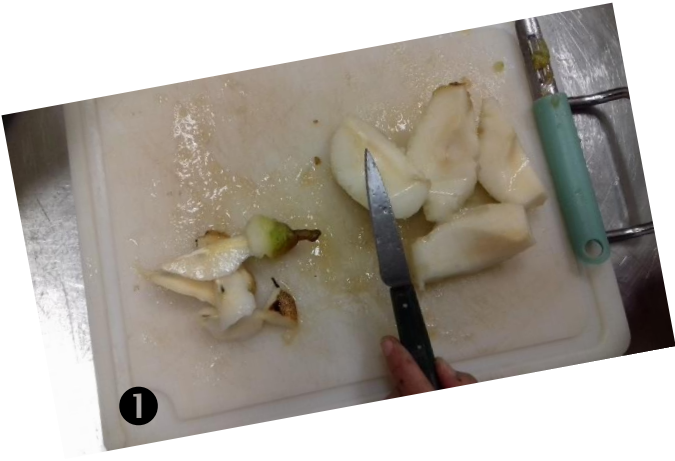
Total: 25 min

Preparation 10 min

Cooking : 15 min

- ① Peel, cut, seed apples and pears.
- ② Mix the fruits, sugar and vanilla sugar in the bowl.
- ③ Add water and fruits in a pan.
- ④ Cook in the pan.
- ⑤ Crush with a fork.





# Roasted apple butter shorbread

People: 24

Very easy

cheap



# Ingredients :

- ✓ 100 g flour
- ✓ 100 g sarrazin flour
- ✓ 120 g butter
- ✓ 2 pinches of salt
- ✓ 60 g sugar
- ✓ 1 apple



# Preparation :

Total time : 30 min

Preparation : 10 min

Cooking : 10 min

① *Melt the butter in a bowl in the micro wave .*



② *Add all ingredients in the bowl. Add butter. Mix with a spatula*



③ *Peel, seed, cut the apple. Cook the apples in a pan with butter.*



**4** *Mix the fruits with the dough by hand.*



**5** *Cut and crush the dough between hands.*



**6** *Cook 10min. Shortbreads must be blonds.*



# *Apple and bananas turnovers*

*People: 8*

*Easy*

*Cheap*



# Ingredients :

✓ 1 puff pastry

✓ 1 apple

✓ 1 banana

✓ 20g butter

✓ Cinnamon

✓ 1 egg







# Preparation :

*Total time : 1h min*

*Preparation : 30 min*

*Cooking : 30 min*

- ① *Peel , seed, cut an apple and a banana.*
- ② *Cook the fruits in a pan with butter. Add some cinnamon. Stir with a spatula.*
- ③ *Spread out the puff pastry. Cut in circle with a glass.*
- ④ *Put in each circle the fruits.*
- ⑤ *Close the turnovers.*
- ⑥ *Brush the turnovers with the yellow of an egg.*
- ⑦ *Cook 30 mn at 180 ° C.*

# Like a chef



## Our cooking workshop



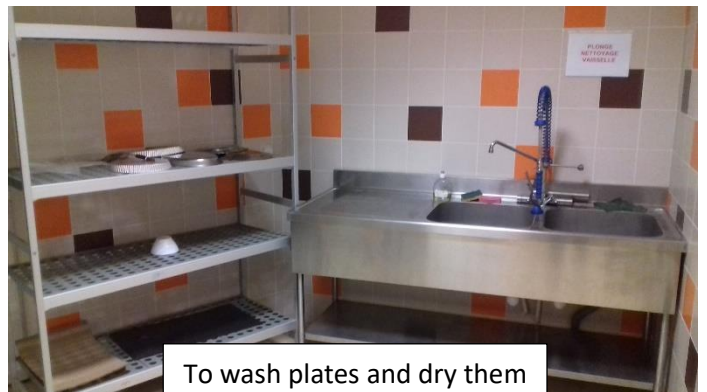
To cook



To wash hands



To prepare



To wash plates and dry them



The grocery



The fridge



To wash vegetables and fruits



Like a chef



Professional dress



Cap

Mask

Kitchen jacket

Towel

Apron

Pants

Safety shoes

**All students in the ULIS class participated in the production of 3 recipes.**

**We made 150 apple compotes for 6<sup>th</sup> and 5<sup>th</sup> graders, 150 shortbreads for 4<sup>th</sup> and 3<sup>rd</sup> graders, and 48 mini-turnovers for teachers and staff.**

**All of these recipes were made in November 2020.**

**They are easy to make, cheap and they will wake your taste buds!**



MIAM  
MIAM  
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