



Fruit Plait

Servings: 4

Prep Time: 20min

Cook Time: 30min

Ingredients

- 1 ready-made 320g puff pastry sheet
- 1 tbsp plain flour
- 1 tsp vegetable oil, for greasing
- 2 tbsp sultanas
- 2 eating apples
- 2 pears
- 2 tbsp clear honey
- 3 tbsp apricot jam
- pinch of mixed spice
- pinch of cinnamon
- 1 egg
- crème fraîche or vanilla ice cream, to serve

Directions

1. Heat oven to 200C/180C fan/gas 6. Roll out the pastry on a lightly floured work surface into a large rectangle. Transfer to a lightly greased baking tray.
2. Put the sultanas in a small mixing bowl with just enough warm water to cover them, and soak for 10 mins.
3. Core the apples and pears and slice them into even-sized pieces – you don't need to peel them. Put the pieces in a bowl and add the honey and 2 tbsp apricot jam. Drain the soaked sultanas and add them to the mixture. Stir well and add the mixed spice and cinnamon to taste.
4. Spoon the mixture in a thick strip down the centre of the puff pastry. Use a sharp knife to make roughly 8 diagonal cuts down each side of the pastry like a lattice. Fold the pastry strips alternately across the filling like a plait.
5. Crack the egg into a bowl, whisk with a fork and, using a pastry brush, glaze the top of the puff pastry.
6. Place the plait in the oven and bake for 25-30 mins or until the apples are soft and the pastry is golden brown. Serve with crème fraîche or vanilla ice cream.