



**Nova Scotia
Apples**
Pick An Original



Apple Phyllo Delights

1998 Winner - Best Western Aurora Inn, Marilyn Hubley

Crust:

- 6 Nova Scotia Cortland apples
- 1/2 cup granulated sugar
- few drops of red food colouring
- 1 tsp. cinnamon
- 3 tbsp. melted butter
- 2 tsp. lemon juice
- 3 tsp. granulated sugar
- 1/2 cup apple juice
- 8 oz cream cheese
- 1 cup icing sugar
- 2 egg whites
- 4 sheets phyllo pastry

Spray a muffin tin with cooking spray. Lay four sheets of phyllo pastry on top of each other. Cut the pastry in two, lengthwise, and then cut each half into thirds, yielding six stacks of pastry. Take the first lot of pastry and place one piece in the muffin tray, ensuring the pastry is pressed into the tray. Brush with melted butter. Lay another piece of pastry in the tray, in a different slot and facing a different direction. Press into the tray and brush with melted butter. Repeat the process until six slots have four pieces of pastry in each. Flute the edges of the pastry. Bake in 350°F oven for approximately 8 minutes, or until golden brown. Remove from oven and let cool.

Meanwhile, peel core and dice 3 of the apples. Place in a saucepan, adding the food colouring, apple juice and 1/2 cup of sugar. Cook over a medium heat until the apple is tender and then whisk well. Set aside.

In a separate bowl, beat the cream cheese and egg whites until light and fluffy. Add the icing sugar and cinnamon, and beat well into the mixture.

Remove the pastries from the muffin tin. Put 2 tbsp. of the cream cheese mixture in the bottom of each pastry cup. Pour some of the apple mixture over the cream cheese, not quite filling the cup. Core and slice one of the remaining apples very thinly. Dip in lemon juice (to keep fresh) and then in sugar. Place on top of the pastry cup and serve.

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