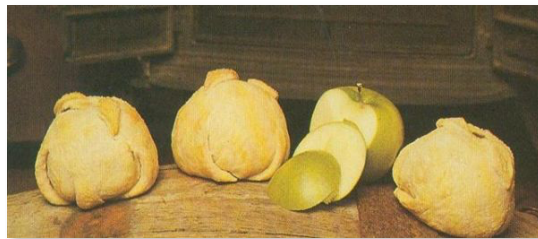


Des Bourdélots

One hundred years ago Jersey was covered in apple orchards and cider making was a big industry for the Island. Bourdélots are apple dumplings traditionally made during apple season in the Autumn.

Les ingrédients

6 Bramley apples	6 pommes suthé
250g plain flour	250g d'flieu
125g butter	125g d'beurre
1 egg	1 oeu
50ml water	50ml dg'ieau
Sugar	du chucre
Saltanas	des corînthes



1. Make shortcrust pastry: rub the flour and butter together between your fingers until it resembles breadcrumbs.
2. Add water a drop at a time and mix with a blunt knife into a soft dough.
3. Peel and core the apples.
4. Roll out the pastry and cut into six equal squares.
5. Place an apple on each square and fill the centre of each apple with saltanas and a sprinkle of sugar.
6. Wrap the pastry around each apple, sealing the edges with beaten egg.
7. Brush some egg on the outside of each to glaze.
8. Bake at 220°C for 20 minutes.

