



South African Recipes

"cooking with confidence"

Palmiers

By: Anton Mac Donald

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Ingredients

- 400 g Puff pastry
- White sugar

Method

- Roll out the puff pastry to 34 cm x 23 cm.
- Position the pastry length wise.
- Sprinkle with white sugar.
- Fold in the top and bottom edge to touch each other.
- Spinkle again with sugar and fold in halve.
- Now you will end up with a stip of 4 layers about 5 cm wide
- Slice 1 cm thick and turn on its side on baking tray.
- Bake till light brown at 200°C for 7 – 10 minutes.
- Turn the biscuits upside down and bake until golden brown.

Remember the biscuit will bake from underneath not the top.

Store in airtight container but best serve fresh.

Make 24 biscuits