

Recipe adapted from [Ice Syrup](#) online.



Iced Apple Pastry

3 T water
3/4 c white sugar
2 T plus 2 t ice syrup, divided (or maple syrup)
2 T ground cinnamon
1/2 c brown sugar
1 sheet puff pastry
8 apples (peeling optional, but recommended)
3 T butter
4-6 c boiling water

Preheat the oven to 325F. Bring the water and white sugar to a simmer in a small saucepan. Stir until the sugar dissolves. Cook, swirling occasionally, until the mixture turns a dark amber. Remove from heat and add 2 T of ice syrup. Pour into an 8-inch springform pan, swirling to coat bottoms and sides of pan.

Mix the cinnamon and brown sugar in a small bowl and set aside. Next peel (if desired), core and slice the apples thinly. As apples are sliced, place them in bowl with cold water and lemon juice to prevent browning. When complete arrange a layer of apples in a tight circle on the bottom of the spring form pan, covering the whole surface area, and sprinkle with a tablespoon of the brown sugar/cinnamon mixture and 1 teaspoon of ice syrup. Repeat with another layer of apples and brown sugar/cinnamon (omit the ice syrup for this layer).

Next divide the puff pastry in half and roll out the first half. Fit into the spring form pan over the first two layers of apples. Add another tablespoon of the brown sugar/cinnamon mixture. Again place another tight circle of apples over the pastry followed by brown sugar/cinnamon and one more teaspoon of ice syrup. Finish with one more layer of apples, brown sugar/cinnamon and ice syrup, and then roll out the remaining half of the pastry and fit it over the top. Cut away any overhanging pastry.

Next slice the butter over the top layer of pastry, and cover the top and bottom of the pan to catch any drippings. Next place the pastry in a roasting dish and fill the roasting dish with boiling water until it reaches halfway up the sides of the springform pan. Bake the pastry for 1-1/2 hours or until apples are soft throughout. When finished, carefully remove the springform from the roasting pan and place it on a wire rack, removing top foil, to cool. Let cool for 20 minutes and then carefully release the sides of the pan. Next place a plate over the top of the pastry and carefully flip the pastry so that the bottom becomes the top. Slice and serve warm with vanilla ice cream.