HOMEMADE APPLE AND CALIFORNIA PRUNES POP TARTS

In the world of American breakfast pastries, the pop tart – along with its cousins the toaster strudel and toaster pastry - is in a kid-friendly category all on its own. This Homemade Apple & California Prunes Pop Tart recipe brings a fresh flavour to the new day. Try it with your favourite homemade (or store-bought if you're a bit short on time) buttery pastry – whatever you choose, we're pretty sure you won't go back to the boxed versions.
And you might not want to share with the kids, either!

Prep Time: 15 minutes
Cook Time: 20 minutes
Oven Temperature: 200°C
Makes: 8

Ingredients:

For the jam:
340g California Prunes
200g caster sugar
720ml water
1 tbsp fresh orange juice
220g firm apples, peeled and diced

To make the tarts:
2 blocks all butter (puff) pastry
240g California Prunes and apple jam
1 tbsp cornflour
1 egg, whisked
200g icing sugar
1-2 tbsp double cream
2 tbsp sugar sprinkles

Here's How:

For the jam:

1. Place three small plates in the freezer.
2. Blend all the jam ingredients (except the apple) together using a blender or food processor.
3. Pour the mixture into a saucepan and heat slowly over a medium heat, stirring frequently.
4. If you have a sugar thermometer, when the temperature reaches 100°C, take a small spoonful of the jam and spread it across one of the plates from the freezer to test its consistency. Don't let the temperature go above 105°C.
5. Reserve 2-3 tbsps of the jam in a small bowl, then add the apple to the saucepan, stirring to combine, then leave to cool.

To make the tarts:

6. Pre-heat the oven to 200°C. Line a baking pan or sheet with greaseproof paper and set aside.
7. In a small bowl, mix the jam with the cornflour.
8. Flour a large work surface, and roll out the pastry blocks to create 2 x 9" (23cm) squares. Cut each square into 6 strips, re-roll and cut 2 more strips, so you should have 8 strips in total.
9. Spoon 1-2 tbsp of the jam onto one end of each strip. Brush the edges of the pastry around the jam with the whisked egg, then fold the 'un-jammed' pastry over the jammy end and crimp all the way round the edges with a fork.
10. Transfer the pop tarts to the baking sheet and bake for 18-20 minutes, until golden. Cool on a baking rack.
11. Whilst the tarts are cooling, mix the icing sugar, 1 tbsp of the reserved (apple-less) jam and 1 tbsp double cream together to create an icing glaze. Add more jam or cream as needed to get the right consistency.
12. Drizzle the icing mix over each pop tart, using a spoon, or a piping bag and nozzle.
13. Let the icing dry, and serve the pop tarts warm.