

MIDYIM OR MIDGEN BERRY

AUSTROMYRTUS DULCIS

01

01 | *Austromyrtus dulcis* fruit.

Midyim and Apple Pastry

Ingredients

2 large green apples
2 sheets of frozen puff pastry
50 grams Midyim fruit
50 grams fine brown sugar
20 grams butter
1 Tbs milk, to glaze pastry

Peel, core, and finely slice apples.

Lay out pastry sheets and place apple slices down centre third of pastries.

Sprinkle apples with 25grams Midyim berries on each pastry. Cut small pieces of butter and sprinkle on apples, and then sprinkle with sugar, reserving 1 teaspoon for glaze.

Cut pastry on slant strips about 10mm wide up to apple. Starting at one end, overlap strips in a plait pattern.

Place on a baking sheet and bake in oven at 200°C until starting to brown. Remove from oven. Mix milk and reserved sugar and brush on top of pastry to glaze, and place back in oven to finish browning.

RECIPE & Image by John King

