

Frog Palmiers

You will need:

1 x 320g packet ready-rolled puff pastry

100g demerara sugar

1 level tsp ground cinnamon

A little milk to glaze

1 large egg white, beaten with a fork

Method:

1. Unroll the pastry and dust lightly with flour. Place non-stick paper over the top of the pastry and roll out to a slightly thinner rectangle measuring 33 x 27.5cm (13 x 11). Sprinkle one-half of the pastry with half the sugar and all of the cinnamon.
2. Fold the pastry in half to cover the sugar. Reroll the pastry to a rectangle measuring 27.5cm x 23cm (11 x 9). Brush the surface with a little milk, then carefully roll both short sides into the centre of the pastry to make two tight rolls. Leave to chill in the fridge for 30 minutes.
3. Preheat the oven to 220°C/Fan 200°C/Gas 7 and line two large baking sheets with non-stick baking paper.
4. Slice the pastry into 1cm ($\frac{1}{2}$ in) slices to make 24 palmiers and place on the baking sheets. Brush with a little beaten egg white and sprinkle with half the remaining sugar. Bake in the preheated oven for 8 minutes.



5. Remove the palmiers from the oven, turn them over and brush the tops with more beaten egg white. Sprinkle with the remaining demerara and return them to the oven for a further 8 minutes, until golden brown on both sides.
6. Lift off with a palette knife and leave to cool on a wire rack.

