- Prep Time: 15 minutes
- Cook Time: 12–15 minutes
- Total Time: 30 minutes
- Yield: 4 Turnovers
- Intensity Level: Low (Great for beginners)

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## Ingredients

For the Filling:

- 2 medium apples (Granny Smith or Honeycrisp work best), peeled, cored, and diced into small cubes (approx. 1/4 inch).
- 2 tablespoons unsalted butter.
- 1/4 cup brown sugar (packed).
- 1 teaspoon ground cinnamon.
- 1/4 teaspoon ground nutmeg.
- 1 teaspoon cornstarch.
- 1 tablespoon water.
- A pinch of salt.

For the Pastry:

- 1 sheet of puff pastry (approx. 245g/8.8oz), thawed according to package instructions.
- Flour (for dusting).

For the Egg Wash:

- 1 large egg.
- 1 tablespoon milk or water.

For the Glaze (Optional but Recommended):

- 1/2 cup powdered sugar.
- 1–2 tablespoons milk.
- 1/4 teaspoon vanilla extract.

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## Step-by-Step Instructions

### Phase 1: The Filling (Intensity: Low | Time: 8 Minutes)

1. Sauté the Apples: In a medium skillet over medium heat, melt the butter. Add the diced apples, brown sugar, cinnamon, nutmeg, and salt. Cook, stirring occasionally, for about 5 minutes until the apples have softened slightly and released their juices.
2. Thicken: In a small bowl, whisk the cornstarch with the tablespoon of water to create a slurry. Pour this into the apple mixture. Stir constantly for 1–2 minutes until the liquid thickens and coats the apples.

3. Cool: Remove the pan from the heat and transfer the filling to a bowl. Crucial Step: Let this cool completely. If you put hot filling on puff pastry, the butter in the dough will melt, resulting in a soggy, greasy turnover.

## Phase 2: Assembly (Intensity: Medium | Time: 10 Minutes)

1. Prep the Surface: Lightly flour your countertop and rolling pin. Unfold the thawed puff pastry sheet.

2. Cut: If using a standard square sheet, cut it into four equal squares. If using a rectangular sheet, cut it into four rectangles.

3. Fill: Spoon about 1.5 to 2 tablespoons of the cooled apple mixture into the center of each square. Be careful not to overfill, or the pastry will burst in the air fryer.

4. Seal: Dip your finger in water and run it along the edges of the pastry square. Fold the corner over the filling to create a triangle. Press the edges down firmly with a fork to crimp and seal. Poke a small slit in the top of each turnover with a knife to let steam escape.

## Phase 3: The Air Fryer (Intensity: Medium | Time: 12–15 Minutes)

1. Preheat: Preheat your air fryer to 350°F (175°C) for 3 minutes.

2. Egg Wash: In a small bowl, whisk the egg and milk. Brush the tops of the turnovers generously with the mixture. This is what gives them that professional, golden-brown

shine.

3. First Batch: Place the turnovers in the air fryer basket, leaving space between them. Do not overcrowd; cook in batches if necessary. Depending on the size of your air fryer, you can usually fit 2–4 at a time.

4. Air Fry: Cook at 350°F (175°C) for 10 to 12 minutes. Check them at the 8-minute mark. If they are browning too quickly on top, you can flip them gently or lower the temperature slightly to 340°F (170°C).

5. The Finish: The turnovers are done when they are puffed up and deep golden brown.

## Phase 4: Glazing (Intensity: Low | Time: 3 Minutes)

1. While the turnovers cool slightly on a wire rack, whisk together the powdered sugar, milk, and vanilla in a small bowl until smooth.

2. Drizzle the glaze over the warm turnovers. The heat will help the glaze set into a delicious shell.

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## Time and Intensity Breakdown

| Phase | Time | Intensity | Heat Level |
|---|---|---|---|
| Filling | 8 Mins | Low | Medium Stove |
| Assembly | 10 Mins | Medium | N/A |

| Phase | Time | Intensity | Heat Level |
|---|---|---|---|
| Air Frying | 12 Mins | Medium | 350°F (175°C) |
| Glazing | 3 Mins | Low | N/A |
| Total | ~33 Mins | Low-Medium | Varies |

Intensity Definition:

- Low: Minimal physical effort; stirring or waiting.
- Medium: Requires active attention (folding, sealing, watching the air fryer).
- High: Fast-paced chopping, multiple pans, or high heat management (not required for this recipe).

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## Nutrition Information

*Disclaimer: The following nutritional information is an estimate based on standard ingredients and portion sizes. It does not include optional add-ins like vanilla ice cream.*

- Serving Size: 1 Turnover (with glaze)
- Calories: 410 kcal
- Total Fat: 22g

- Saturated Fat: 6g
- Cholesterol: 45mg
- Sodium: 180mg
- Total Carbohydrates: 48g
- Dietary Fiber: 2g
- Total Sugars: 24g (Includes 14g Added Sugars)
- Protein: 5g