

Cinnamon Palmiers

Prep Time: 30 mins Cook Time: 18 mins Additional Time: 5 mins Total Time: 53 mins

Servings: 24

Ingredients

- 60g (2oz) White Sugar
- $\frac{3}{4}$ teaspoon Ground Cinnamon
- $\frac{1}{8}$ teaspoon Ground Cardamom
- 200g (7oz) Demerara sugar
- 1 sheet ready rolled Puff Pastry
- 1 tablespoon butter, melted

Directions

1. Gather all ingredients.
2. Mix white sugar, cinnamon, and cardamom together in a small bowl.
3. Sprinkle Demerara sugar onto a work surface. Unroll puff pastry and place over sugar; lightly press pastry onto sugar. Brush pastry with melted butter, then sprinkle white sugar, cinnamon and cardamom mixture evenly over top.
4. Starting with one long edge, roll pastry tightly around filling, stopping in the middle of the rectangle.
5. Repeat with the opposite edge, rolling to the centre and meeting the first roll. Wet your finger with water and dot along the long edges where the two rolls touch; press gently to seal. Refrigerate until slightly firm, 5 to 10 minutes.
6. Meanwhile, preheat the oven (190 degrees C / 170 degrees C Fan / 375 degrees F / gas 5). Line a baking sheet with parchment paper.
7. Cut chilled pastry into 0.5cm (1/4-inch) slices; place 2.5cm (1 inch) apart onto the prepared baking sheet.
8. Bake in the preheated oven until golden and crisp, about 18 minutes. Let rest briefly on the baking sheet before transferring to a wire rack to cool completely.



1.



3.



4.



5.



7.



8.