CHRISTMAS: THE ANGELS' GLORIA · DECEMBER 25

Angel wing palmiers for Christmas

Prep 20 min **Cook** 30 min **Chill and cool** 30 min **Total** 1 hr 20 min **Makes** About 40 palmiers

Level Easy

ADULT SUPERVISION REQUIRED

Cooking is for children and grown-ups together. An adult should supervise at all times and handle the oven, stovetop, knives, and anything hot. Melted sugar on the pastry gets very hot and sticks to skin. A grown-up slices the logs with a sharp knife, flips the hot palmiers, and moves them off the pan.

ALLERGY INFORMATION

Contains wheat (gluten). All-butter puff pastry also contains milk, and some brands contain soy or egg, so check the label. Always read ingredient labels, since brands vary, and ask about food allergies before you cook or share.

INGREDIENTS

- 2 sheets frozen puff pastry (one 17.3 oz / 490 g box), thawed in the fridge
- 1 cup (200 g) granulated sugar
- 2 teaspoons ground cinnamon
- Pinch of salt

METHOD

1. Thaw the puff pastry in the fridge overnight, or on the counter for about 40 minutes, until it unfolds without cracking but is still cold. Mix the sugar, cinnamon, and salt in a bowl.
2. Sprinkle ¼ cup (50 g) of the cinnamon sugar on the counter and unfold one pastry sheet on top. Sprinkle ¼ cup (50 g) more over the pastry, then roll it gently with a rolling pin to press the sugar in and make the sheet about 1 inch (2.5 cm) bigger each way.
3. Starting at two opposite sides, roll each side up tightly toward the center, like a scroll, until the two rolls meet in the middle. Press them together lightly. Repeat with the second sheet and the rest of the sugar. Wrap the logs and chill 20 minutes, until firm.
4. Heat the oven to 425°F (220°C) and line two baking sheets with parchment paper.
5. A grown-up slices the logs with a sharp knife into ⅜-inch (1 cm) slices. Lay them cut side down, 2 inches (5 cm) apart, since they spread as they bake.
6. Bake one sheet at a time for 8 to 10 minutes, until the bottoms are caramelized and golden. A grown-up flips each palmier with a thin spatula, then bake 3 to 5 minutes more, until the second side is golden. Watch closely: sugar burns quickly.
7. Move the palmiers to a rack right away, before the sugar hardens on the pan. They crisp as they cool.

LITTLE HELPERS CAN (WITH A GROWN-UP)

- Mix the cinnamon sugar
- Sprinkle the sugar over the pastry
- Roll the two sides in to meet, like folded wings
- Pray the Gloria together while they bake

GOOD TO KNOW

- Keep the pastry cold. If it turns soft or sticky while you work, chill it for 10 minutes: cold pastry bakes up crisp and flaky.
- The rolled logs keep, wrapped, in the fridge for 2 days or in the freezer for 1 month (thaw them in the fridge before slicing), so you can bake fresh palmiers on Christmas morning. Baked palmiers keep 3 days in a tin.

A BLESSING BEFORE WE EAT

Bless us, O Lord, and these thy gifts, which we are about to receive from thy bounty, through Christ our Lord. Amen. Glory to God in the highest, and on earth peace to people of good will.