

the galette

A fancy name for a fun food!

by Buffy Owens

Recipe

Preheat your oven to 400° F. Mix together:
 8 ounces cream cheese (room temperature)
 1 egg
 4 tablespoons sugar

Set above mixture aside. Next, divide in two and roll out on lightly floured area 1 pre-made pie crust into two free-form shapes

You will also need:
 1 pint fresh blueberries
 1-2 apples, cored and sliced
 1/4 cup sugar
 2 teaspoons cinnamon
 2 tablespoons lemon juice
 1/4 cup apricot preserves (melted)



Though the French lay claim, you will also see that the Italians have played a role in this rustic, free-form food that is kid-friendly, easy to make, and tastes great! Though Galettes can be savory or sweet, I have chosen to do two different



Buffy Owens graduated from Colorado State University, and began her career in Early Childhood almost 40 years ago.

She has been an executive of two child care companies and now lives in Hawaii where she is the Vice President and Preschool Division Director for Kama'aina Kids. Buffy has a passion for the art of catering and food development and display and is a co-owner of a catering company. She enjoys, and thinks it is very important, to involve children in the beauty and flavors of foods.

fresh fruit Galettes with a helper who is 2 years old. Meet Cole . . .

Buy a pre-made pie crust from the freezer or cold storage section of your local grocery store and divide it in 2 sections. (You can make your own pie crust if you want, but this is easier for children.) Place pie crust on a counter that has been lightly floured. Roll the pie crust into a circle, oval, rectangle — whatever shape you like; all will work. Place on a baking sheet and put in the refrigerator.

Next, core 1 or 2 apples and cut them into slices that are about the same size. Place the sliced apples in a small bowl of water that has the 2 tablespoons of lemon



juice in it; this will keep the apples from turning brown. When ready to use, drain apples and pat dry.

Pick through the blueberries, then wash, drain, and pat them dry.

Brush some of the cream cheese mixture inside of your rolled out pie crust being careful not to get all the way to the edges.

Arrange the dry apples on top of the cream cheese mixture. Fold the crust over the apples toward the center, but not all the way to the center.

Next, do the same with the other piece of crust, but place your blueberries in this one.

After both Galettes are folded over, brush the crust with the melted apricot preserves and then shake the cinnamon and sugar over the crust and the fruit.

Bake for 20-25 minutes. Remove from oven and serve warm.

The Galette can also be made as a savory dish with spinach, onion, and slivered almonds or sliced zucchini, yellow squash, and sweet potatoes. If you make a savory Galette, replace the 2 tablespoons of sugar in the cream cheese mixture with

1/2 teaspoon salt and 1/2 teaspoon nutmeg. Do not sprinkle with cinnamon and sugar.

Children can: Crack the egg; mix the cream cheese mixture; roll out the pie crust; place the cream cheese mixture inside the Galette; fold over the edges

of the Galette; brush the Galette with melted preserves; sprinkle the cinnamon and sugar mixture on top.

Adults should: Core and cut the apples and handle the Galettes in and out of the oven.

