

# Sweet Vol-Au-Vent Of Plums, Apples, Or Any Other Fresh Fruit

## Ingredients

3/4 lb. of puff-paste No. 1208, about 1 pint of fruit compote.

## Method

Make 1/2 lb. of puff-paste by recipe No. 1208, taking care to bake it in a good brisk oven, to draw it up nicely and make it look light. Have ready sufficient stewed fruit, the syrup of which must be boiled down until very thick; fill the \_vol-au-vent\_ with this, and pile it high in the centre; powder a little sugar over it, and put it back in the oven to glaze, or use a salamander for the purpose: the \_vol-au-vent\_ is then ready to serve. They may be made with any fruit that is in season, such as rhubarb, oranges, gooseberries, currants, cherries, apples, &c.; but care must be taken not to have the syrup too thin, for fear of its breaking through the crust.

*Source: Mrs Beeton's Book of Household Management (1861)*

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