

David's Apple Bake

Serves 4 as a dessert

This month's recipe comes courtesy of David. Essentially a de-constructed baked apple it is delicious as an addition to your breakfast muesli, yoghurt or chia pudding or you can serve it with fromage frais, ice-cream or whipped cream as a light, elegant dessert. Since we currently have freezing temperatures, and are surrounded by snow and ice, we are adding warm spices to the mix – crystallized ginger, ground ginger and cinnamon – but you can adapt it to any season or whatever you fancy from your pantry. I suggest some dried apricots, diced; dried cranberries; frozen partridgeberries and/or blueberries.

2 large dessert apples (sweet)
¼ cup/ 4 tbsp pure lemon juice (freshly squeezed or Italian Volcano 100% organic)
¼ cup/ 4 tbsp white sugar
¼ cup/ 4 tbsp boiling water
¼ cup/ 4 tbsp coarsely chopped nuts (pecans or walnuts work well)
¼ cup/ 4 tbsp sultanas or currants
1 tbsp dark brown sugar
½ tsp ground cinnamon or mixed cake spice

Cut the unpeeled apples into eighths, remove any core and pips and lay in an 8" x 8" ceramic or other oven proof dish. Sprinkle the small pieces of nuts, dried fruit, brown sugar and spice evenly over the apples. Dissolve the sugar in a jug with the hot water and add the lemon juice. Pour over the apple mixture in the dish.

Bake in an oven for 1 hour at 350F until the apples are softened. Remove from the oven every 20 mins to baste with the lemon syrup and cooking juices.

Can be served hot, warm or cold with plain yoghurt or soured cream.

Variation

For a sugar free dessert use ¼cup Maple syrup instead of the white sugar to make the lemon juice and omit the brown sugar.

Please feel free to share this recipe with others. If you use this in another publication we would appreciate a reference to Two Whales as the originators of this recipe. Thank you.

