

Baked Apples



Serves 4 **Prep 10 mins**

Cooking 35-40 mins

Easy

Ingredients

4 dessert apples, such as Queen of russets, Reine de reinette, Cox's orange pippin or Braeburn

60g unsalted butter, melted

60g caster sugar

This is an adaptation of Raymond Blanc's version of Baked Apples. He adds a fabulous caramel sauce, pistachio nuts and almond flakes, with diced bread rolled in icing sugar for garnish. However, the amount of sugar is far too much for someone with diabetic tendencies and it is a very nice dish on its own. It can also be served with cold ice cream or cold custard instead of the crème fraiche. The core can be stuffed with a mixture of butter, sugar and raisins or with a mixture of butter, sugar and cinnamon. This is a truly versatile dish.

1. Preheat the oven (without fan) to 170C/Gas 3. Fan assisted ovens are too fierce for the apples, causing them to split.
2. Wash the apples and pat dry. Using a small knife, trim a slice of the base of each apple, so that it will sit upright. Make a small incision through one side of each apple, slightly above and beyond the core. Push an apple corer up the base of the apple as far as the incision and then twist it to release the core. I found it easier to cut into the stem and so remove the whole of the top intact. I then removed the core, and placed the top back on the apple.
3. Brush the baking dish with butter and then coat the apple with the melted butter and sprinkle the caster sugar all over. Do this over the dish as there needs to be a layer of sugar to base the apple on. This sugar will caramelize underneath the apple.
4. Bake for 35-40 mins until the apples are tender but still holding their shape. Serve with crème fraiche.