

Hot Soufflé Apples with Crème Fraîche



Serves 2

Prep 25 mins

Cooking 35 mins

Easy

Ingredients

2 eating apples
dash lemon juice
1 tsp butter
pinch ground nutmeg
25g caster sugar
1 medium egg, separated

To serve:

2 tbsp light crème fraîche
pinch ground nutmeg

1. Preheat the oven to 190°C/Fan 170C/gas 5. Slice off the bottom end of the apples, then cut around the top edge of each and scoop out the flesh, leaving about a ½cm border. Brush the cut edges with the lemon juice.
2. Roughly chop the apple flesh and place in a pan with 1 tbsp water. Cover and simmer for 5-6 minutes or until soft, then push through a sieve.
3. Beat the butter, nutmeg, sugar and egg yolk through the apple. Meanwhile, whisk the egg white until it forms stiff peaks. Carefully fold through the apple mixture.
4. Spoon the soufflé mixture into the apples, place on a baking tray and bake for 20-25 minutes until golden and risen. Serve with crème fraîche and a sprinkling of extra nutmeg.

Chefs tips: You could use ground cinnamon or ginger in place of nutmeg. You could bake the apples first for 10 mins to make sure the apple is cooked through. Cool a little before adding the soufflé mixture into the apples.