

# Maidens in the Mist



**Serves 4**

**Prep 10 mins**

**Cooking 40 mins**

**Easy**

## Ingredients

2 cooking apples or use frozen apple slices  
3 tbsp caster sugar  
25g unsalted butter  
50g brown breadcrumbs  
50g soft light brown sugar  
1/4 tsp cinnamon  
ground cardamom from 4 pods  
50g rye breadcrumbs  
250ml whipping cream  
3 tbsp icing sugar (or to taste)  
2 tbsp toasted hazelnuts, chopped

1. Peel & core the apples & cut the flesh into chunks. Put in a large saucepan with the caster sugar and 3 tbsp water and cook over a gentle heat until the apples are completely tender. Stir every so often and mash the fruit down roughly with the back of a wooden spoon. The finished puree shouldn't be too wet - if it is, simmer it over a low heat until it reduces and loses some of its moisture.
2. Check the apples for sweetness - don't make it too sweet as it is being mixed with sweet cream and breadcrumbs - tip into a bowl to cool. Puree the stewed apples until smooth.
3. Melt half the butter in a frying pan and add the brown breadcrumbs and half the brown sugar. Sauté, stirring constantly, over a medium heat until the breadcrumbs are golden. Add half the cinnamon and half the cardamom and continue to cook for about 1 min. Spread out on a tray - it cools quicker this way - and leave until it's room temperature. Do the same with the rye breadcrumbs, then mix the breadcrumbs together in a bowl.
4. Whip the cream, adding the icing sugar and the lemon (add the lemon before the cream is too thick as the acid in the lemon has a thickening effect).
5. Layer the apples, breadcrumbs and whipped cream in a glass bowl - so you can see the layers - starting with the stewed apples and ending with a layer of cream. Scatter over the hazelnuts just before serving.