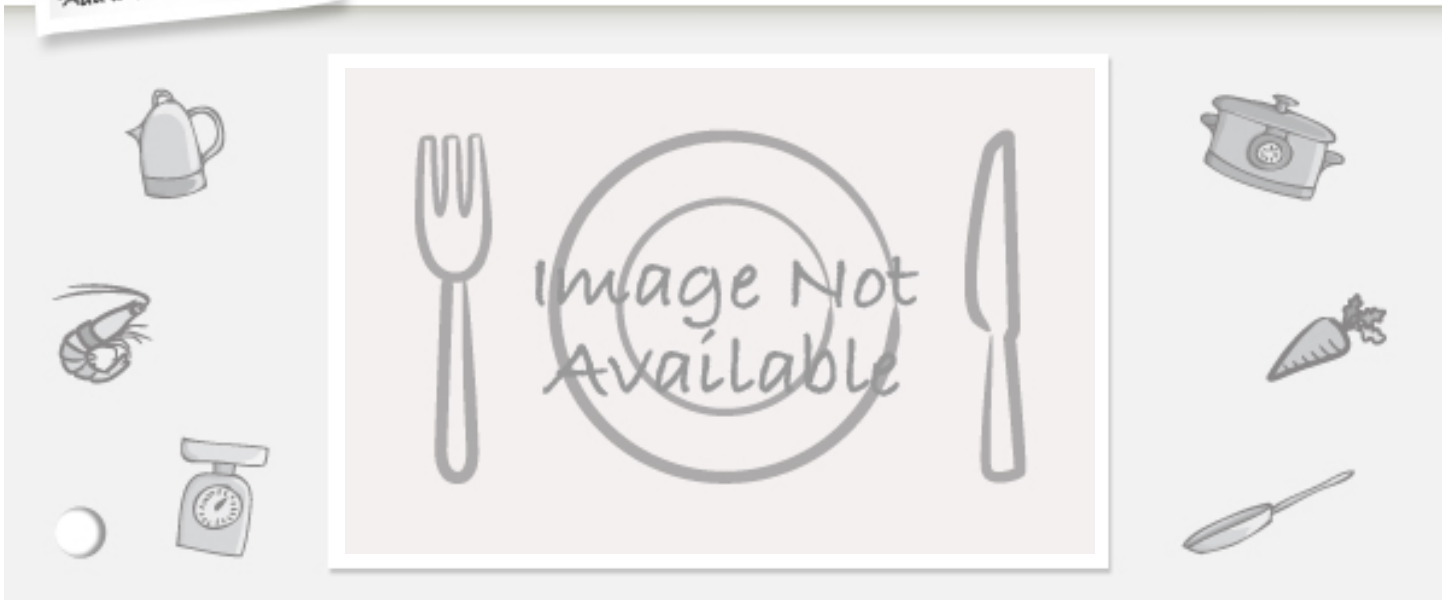




Baked Apples

Serves 4 EASY



Ingredients

- 4 large cooking apples
- 175 g (6 oz) butter
- 4 tbs golden syrup
- 2 tsp Mixed Spice
- 50 g (2 oz) nuts (eg. almonds or walnuts), finely chopped
- Grated zest of 1 orange
- 4 tbs water
- Twist of orange for garnish (optional)

Method

STEP 1

Pre-heat the oven to 200°C, 400°F, Gas Mark 6.

STEP 2

Core the apples to leave a large cavity for the filling. Using a sharp knife make a slight incision all the way round the circumference of each apple. Place apples in a large baking dish.

STEP 3

For the filling, combine the butter with the golden syrup, Mixed Spice and nuts. Add the orange zest to the mixture. Stir in the water and mix well.

STEP 4

Divide the filling between the apples to fill the cavities and pile any remaining mixture on the tops of the apples. Cover the dish or wrap the apples loosely in foil. Cook for approximately 45-50 minutes depending upon the size of the apples until the fruit is tender.

STEP 5

Serve with cream or custard.