

STUFFED BAKED APPLES



Moderate



60 minutes



Dessert



06 servings

INGREDIENTS

480ml apple cider or apple juice
45ml maple syrup
10ml coconut or olive oil
pinch of sea salt
3 braeburn apples, halved and cored
with a melon baller
28g chopped dried fruit such as raisins, dates, figs and apricots
14g chopped nuts such as pecans and walnuts



COOKING STEPS

Pre-heat oven to 375° F.

Pour cider or apple juice into a small saucepan and bring to a simmer. Simmer gently over low heat for about 10 minutes (the cider should be reduced almost by half). Whisk in maple syrup, coconut/olive oil and a pinch of sea salt (the mixture should be syrupy at this point).

Place the cored apple halves in a low sided baking dish (the apples should fit snugly). Spoon chopped dried fruit and nuts loosely into the centre of the cored apples. Pour cider caramel mixture onto and into the centres of the apples, filling up each half and pouring the remaining sauce into the bottom of the baking dish.

Place baking dish in the oven, and bake for 30 to 50 minutes, basting the apples every 15 minutes with cider mixture in the bottom of the dish (adding more apple cider to the bottom of the pan as needed if the syrup looks like it's about to dry out). Test for doneness by inserting a skewer or sharp knife into the apples, the apples should be soft enough to eat with a spoon but not totally collapsed.

Serve the apples warm with leftover cider caramel syrup from the bottom of the pan spooned over.