

## APPLE DAY Recipes October 2016

### **PUMPKIN SOUP**

#### Ingredients

- 1 Large Pumpkin
  - 1 Large Potato
  - 2 Onions
  - 1-2 Vegetable stock cubes
- Season with Garam Masala

### **WINTER WARMER**

- 1 cinnamon stick
- 5 cloves
- 50g light muscovado sugar
- 30ml clear honey
- 1 litre fresh apple juice
- 1 litre orange juice

- Place 225 ml of water into a pan and add the cinnamon stick, cloves and the sugar and bring to the boil
- Simmer for about 5 minutes until all the sugar has dissolved , then stir in 30 ml of clear honey

Add the fresh apple juice and orange juice and heat it through gently

# Bramley Apple and Cinnamon Crunch Cake

**Preparation time:** 10 mins

**Cooking time:** 1 hr – 1 hr 15mins

**Serves:** 8

## Ingredients

450g/1lb Bramley apples, peeled, cored and chopped

275g/10oz plain flour

20ml/4tsp baking powder

10ml/2tsp ground cinnamon

150g/5oz light soft brown sugar

100g/4oz butter, melted

2 large eggs, beaten

175ml/6floz milk

Topping:

50g/2oz toasted hazelnuts

50g/2oz self raising flour

50g/2oz demerara sugar

5ml/1tsp ground cinnamon

25g/1oz butter

## Method

1. Preheat the oven to 190oC/Fan 170oC/375oF/ Gas Mark5.  
Grease and line the base of a 20cm/8in loose-based cake tin.
2. Sift the flour, baking powder and cinnamon into a large bowl; stir in the sugar and apples. Mix the butter, eggs and milk together and stir into the dry ingredients – stir until just mixed.
3. Pour into the prepared tin. Place the remaining ingredients in a food processor and blend until crumbly.  
Scatter over the top of the cake. Bake for 1hr – 1h 15mins or until risen and firm. Cool in the tin.
4. Cut into wedges and serve warm with ice cream or cream or cold as a tea time treat.

# Bramley Apple and Frangipane Tart

Serves 8

Preparation time: 20 minutes

Cooking time: 40 minutes

## Ingredients

275g ready-made sweet shortcrust pastry

100g each softened butter and golden caster sugar

1 large egg, beaten

1tbsp plain flour

100g ground almonds

250g Bramley apples

Juice of 1 lemon

2tbsp apricot jam

## Method

1. Preheat the oven to 180°C (160°C fan oven) gas mark 4. Roll out the pastry and use to line a rectangular fluted tart tin measuring 35 x 11cm. Prick all over with a fork, and chill for 10min.
2. Cover the pastry with greaseproof paper and baking beans and bake for 15min until the pastry feels dry to the touch. Remove the paper and beans when cool enough to handle.
3. Peel, core and slice the apples evenly. Put in a bowl with the lemon juice and toss well to coat in the juice.
4. Make the frangipane. Beat the butter and sugar together in a bowl until pale and creamy. Beat in the egg, then fold in the flour and ground almonds.
5. Spread the frangipane evenly over the base. Arrange the apple slices on top, lining them up in a row along the tart. Bake for 20-25min until golden.
6. Put the apricot jam in a pan with 1tbsp water. Simmer for 2-3min then push through a sieve to make a smooth sauce. Brush all over the tart.

## To serve...

Slice warm or cold and serve with clotted cream, whipped cream or a drizzle of single cream.

## Apple Slices

*This sponge cake recipe is topped with lemon icing and then cut into slices*

1 Medium Bramley apple , peeled, cored and finely chopped

Juice of ½ lemon

½ lb self raising flour

¼ teaspoon of baking powder

Pinch of salt

4 oz margarine

4 oz caster sugar

¼ pint milk

1 egg

ICING

½ lb sifted icing sugar

3 teaspoons lemon juice

### METHOD

Set the oven to 375 degF or Mark 5.

Well grease an 11 x 7 inch shallow baking tin.

Peel, core and chop the apple finely and mix with the lemon juice.

Sift the flour, baking powder and salt into a bowl, rub in the margarine and stir in the sugar.

Beat the milk and egg together and stir thoroughly into the mixture together with the chopped apple.

Pour the mixture into the tin and spread evenly.

Bake for about 30 mins or until a skewer inserted comes out clean

Make the icing by mixing the icing sugar with the lemon juice and just enough water to make a thick spreading consistency.

Pour the icing over the top of the cake whilst still warm and spread evenly.

Allow to cool in the tin and when cold cut into 16 slices.

# APPLE CRUMBLE AND CUSTARD CUP CAKES

## CUPCAKES

1 large bramley finely chopped  
3 tbsp custard powder  
140g soft marg  
140g golden caster sugar  
3 eggs  
1tsp vanilla extract  
140g SR flour

## Crumble topping

75g golden caster sugar  
100g slightly salted butter (chilled)  
140g SR flour  
1tsp vanilla extract  
¼ tsp ground cinnamon.

Oven temp 180 deg C [160 deg C fan]

12 hole muffin tin lined with muffin cases

Toss the apple in the custard powder, whisk all the other ingredients together and fold in apples. Divide the mixture between the cases and bake for 18 – 20 mins until lightly brown and cooked through. Leave to cool.

Crumble topping.

Blitz all the ingredients together until it resembles fine crumb. Tip on to a baking tray lined with baking parchment and bake for 10 – 15 mins until lightly golden brown.

Make a vanilla butter cream using butter or marg and icing sugar with ½ tsp of vanilla extract.

Pipe or spread the butter cream onto the cupcakes and sprinkle the crumble on top.

## Caramel Apple Cake

### Ingredients

500 g Bramley cooking apples peeled and chopped into 2cm pieces

Finely grated zest and juice of 1 lemon

225g soft unsalted butter plus extra for greasing

225g castor sugar

3 large eggs lightly beaten

200g self raising flour

2tsp baking powder

50 g ground almonds

1 tsp mixed spice

### For the caramel buttercream

100g soft unsalted butter

200g icing sugar

2 tbsp Carnation Caramel (from a tin)

1 tbsp semi-skimmed milk

### For the caramel icing

75g unsalted butter

75g icing sugar

1 tbsp Carnation Caramel

### Method

Preheat the oven to 180°C (fan 160°C) gas 4. Grease and line 2 x 20cm loose bottomed round sandwich tins.

Toss the apple pieces in the lemon juice; put to one side.

In a large bowl beat the soft butter, sugar and lemon zest then gradually add the eggs mixing well between each addition. Fold in the flour, baking powder, almonds and mixed spice.

Drain the apple pieces and stir into the mixture. Divide equally between the tins. Bake for 25 - 30 minutes.

Remove the cakes from the oven and leave to cool in the tins for 10 minutes, then turn out onto a wire rack to cool completely.

To make the caramel buttercream; mix together all the ingredients until combined.

To make the caramel icing; put all the ingredients into a pan on a low heat and stir until melted and smooth. Transfer to a bowl, then leave to cool for 10 minutes

To assemble, spread the buttercream evenly over top of one of the cakes then top with the other cake. Spoon over the icing so it dribbles down the side

## APPLE GINGERBREAD

½ lb Bramley apples, peeled, cored and sliced.

Sugar to taste.

¼ lb golden syrup

3 oz butter

3 oz Demerara sugar

6 oz self raising flour

1 teaspoon ground ginger

¼ teaspoon ground cloves

1 egg

Set oven to 350 degF or Mark 4. Butter an 8" x 6" baking tin.

Rinse the apple pieces and put into a pan with sufficient sugar to taste. Stew gently until tender, then mash and cool.

In a separate pan melt the syrup and butter and Demerara sugar together gently until dissolved. Leave to cool.

Sift the flour, ginger and cloves into a bowl and make a well in the centre. Stir the eggs into the syrup mixture, pour into the flour and beat well.

Stir in the mashed apples and continue to beat all well together.

Turn into the tin and cook for 30 mins until firm and a skewer inserted comes out clean.

Leave to stand for a few mins in the tin before turning out to cool on a wire rack; cut into slices.

## Mary Berry's spiced apple tray bake

- 225g (8oz) butter (room temperature), plus extra for greasing
- 550g (1¼ lb) cooking apples, such as Bramley
- juice of ½ lemon
- 225g (8oz) light muscovado sugar
- 300g (10oz) self-raising flour
- 2 tsp baking powder
- 1 tsp ground cinnamon
- 4 large eggs
- 1 tbsp full-fat or semi-skimmed milk
- icing sugar, to dust

### SPECIAL EQUIPMENT

- traybake tin, 30cm x 23cm (12in x 9in) and 4cm (1½ in) deep
1. Preheat the oven to 180°C (160°C fan/350°F/gas 4). Grease the traybake tin with butter and line with baking parchment. Quarter, peel, core and thinly slice the apples and put them in a shallow dish. Pour over the lemon juice and toss gently together.
  2. Put the butter, muscovado sugar, flour, baking powder, ½ teaspoon of the cinnamon, the eggs and milk in a large bowl. Beat thoroughly using an electric hand whisk for about 2 minutes (or use a wooden spoon for about 3 minutes) until smooth and light.
  3. Spoon half the mixture into the prepared tin and spread it out evenly. Lay half the apple slices on top and sprinkle over the remaining ½ teaspoon of cinnamon. Spoon the remaining cake mixture on top and carefully level the surface. Scatter the rest of the apple slices over the cake mixture and press them lightly into the surface.
  4. Bake for 40 minutes or until well risen and golden brown on top. The cake will feel spongy but firm and will be starting to come away slightly from the edges of the tin. Also, the apples should be soft. Leave the cake to cool in the tin for 10 minutes, then loosen the sides with a small palette knife and turn out the cake, peel off the parchment paper and leave to cool on a wire rack. Sift icing sugar over the top of the cake.

## Apple and carrot bread

### Ingredients

250g plain flour  
150g light brown sugar  
1 tablespoon baking powder  
Pinch of fine sea salt  
1 teaspoon ground cinnamon  
½ teaspoon ground nutmeg  
¼ teaspoon each ground ginger and allspice  
100ml apple juice  
75g unsalted butter, melted  
2 large eggs, beaten  
1 large Bramley cooking apple, peeled, cored and grated  
100g grated carrot

900g (2lb) capacity loaf pan, buttered

### Method

Preheat oven to 180 degC (350 degF) Gas 4

In a mixing bowl, combine the flour, sugar, baking powder, salt, cinnamon, nutmeg, ginger and allspice. Set aside.

In a separate bowl, mix together the apple juice, melted butter and eggs. Gently fold this mixture into the flour mixture to combine. Use your hands to squeeze the moisture from the grated apple and carrots then add to the mixture and stir to combine.

Transfer the mixture to the prepared loaf pan and level the top. Bake in the preheated oven for about 1 – 1¼ hrs, until a skewer inserted into the centre of the cake comes out clean.

Leave the cake to cool in the pan for a few minutes then turn out onto a wire rack to cool. Slice as you would bread to serve – spread with butter or cream cheese if you are feeling indulgent.

The cake will keep in an airtight container for 4-5 days.

## BRAMLEY APPLE, HONEY & WHISKY DRIZZLE CAKE

Preparation time: 15 mins

Cooking time: about 1 hour

Serves: 12

### Ingredients:

For the Cake

2 large Bramley apples (approximately 400g)

2 tbsp clear honey

100g light brown sugar

150g butter

100ml thick double cream

200g self raising flour

100g plain flour

1 tsp baking powder

2 medium eggs, beaten

For the Drizzle

3 tbsp clear honey

1 tbsp whisky

### Method

1. Preheat the oven to 180°C/350°F/Gas Mark 4. Grease and base line a 900ml/2pt loaf tin.
2. Place the honey, sugar and butter in a small pan and gently heat, stirring until the butter has melted. Remove from the heat, stir in the cream and cool for 5 mins.
3. Quarter, peel and core the apples and thinly slice. Sift the flours and baking powder into a large bowl, add the honey mixture and eggs, beat well for 1 minute. Spoon half the mixture into the loaf tin, then scatter over two thirds of the apple slices, top with the rest of the cake mix then level the surface. Arrange the last apple slices in a line down the centre of the cake. Bake for 1hr-1hr 5 mins until a skewer inserted in the centre comes out clean.
4. Remove the cake from the oven and place on a wire rack to cool for 5 mins, before removing from the tin.
5. Warm the honey and whisky together in a saucepan and then drizzle over the cake. Leave until cold then serve.