

APPLE DAY Recipes October 2017

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

Sticky ginger and toffee apple cake

3 small red apples
2 tbsp lemon juice
225 g salted butter softened
2tsp orange zest
225g light brown soft sugar
225g self-raising flour
½ tsp baking powder
1 tbsp ground ginger
4 medium eggs beaten
4 tbsp milk
½ tsp vanilla essence

For caramel sauce

80g of soft toffee sweets
4 tbsp milk

For the cake

Grease a 20 x 30cm baking tin with oil and line it with baking parchment. Preheat the oven to 180°C/160°C(Fan)/Gas mark 4.

Quarter and core the apples, slice thinly and toss in lemon juice.

Beat the butter, orange zest and sugar until pale and fluffy. Sift together the flour, baking powder ginger. Gradually fold into the butter mixture, adding the eggs a little at a time.

Stir in the milk and vanilla. Pour into the cake tin gently smooth with a spatula.

Arrange the apple slices overlapping in rows over the cake along the length of the cake mixture.

Bake for 40 - 50 minutes or until a skewer inserted into the centre comes out clean. Cool on a wire rack. Remove the paper when cooled.

For the caramel sauce

Put the toffees in a small pan with the milk. Heat gently stirring continually until combined and the toffees have melted into a runny sticky source.

Dust the cake with icing sugar and drizzle with toffee sauce. Cut into squares or slices.

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.

APPLE AND CINNAMON FLAPJACKS

Ingredients

225g butter

225g caster sugar

175g golden syrup 450g porridge oats

2 apples peeled and chopped

½ tsp ground cinnamon

20x30cm (8x12in) cake tin, lined with parchment paper.

Set oven to 180 c or Gas Mark 4

Method

Melt butter, sugar and golden syrup in a pan, stirring until all the sugar has dissolved.

Remove from heat and stir in the oats, copped apple and cinnamon.

Spread the mixture into the tin and bake for 30 to 35 mins until golden.

Leave until cold before turning out of tin. Cut into bars.

APPLE SPICED COOKIES

Ingredients

175g thick apple puree or good quality ready-made apple sauce

100ml sunflower oil

50g dark treacle

125g light muscovado sugar

75g raisins or sultanas

300g plain flour

½ tsp baking powder

1tsp bicarbonate of soda

2tsp ground ginger

2 tsp ground cinnamon

Good grating of nutmeg

Pinch of salt

100g granulated sugar for rolling

Method

Heat the apple puree in a small pan over a low heat for a minute to cook off any excess liquid. Tip into a medium bowl and add sunflower oil, treacle, light muscovado sugar and raisins or sultanas. Mix to combine and leave to cool to room temperature.

Pre heat oven to 180c (160c fan) gas mark 4 and line 2 baking trays with baking paper.

Sift flour, baking powder bicarbonate of soda, ginger, nutmeg, half the cinnamon and salt into bowl with apple and treacle mixture and stir well until thoroughly combined.

Tip granulated sugar and remaining cinnamon onto a large plate. Using a dessert spoon and your hands scoop walnut sized balls of dough into balls and roll in the cinnamon sugar to completely coat. Arrange on prepared baking sheets, leaving plenty of space between each cookie to spread during baking, and flatten slightly with your fingers.

Bake on middle shelf of oven for 10 mins until top of cookie is crisp. Leave to cool on baking sheet for 5 mins and then transfer to wire rack to cool completely.

APPLE AND SULTANA TEA BREAD

Ingredients

100g butter/marg

100g caster sugar

2 large eggs

1tbsp golden syrup 100g sultanas

225g S R flour

1tsp mixed spice

1tsp ground cinnamon

1 medium cooking apple

Method

Pre heat oven to 160 c/325f

Grease and line a 2lb loaf tin

Put all ingredients into a large bowl and mix thoroughly (mixer or wooden spoon)

Put into loaf tin and bake for 1 hour or until a skewer comes out cleanly.

Cool on wire rack

100g of walnuts may be added for extra crunch

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.