

en Larder

Caramelised Apples with Cider



Ingredients:

6 dessert apples
 Juice of 1 lemon
 300ml dry cider
 2 tbsp brandy
 2 tbsp caster sugar
 Sunflower Oil

Method

1. Peel the apples and toss them in lemon juice to prevent browning. Halve and dip again in lemon juice and then cut each half into thick slices, discarding the core, and toss again in lemon juice.
2. Put the apples into a large deep, non-stick frying pan with the cider and brandy. Bring to the boil then simmer for 3-4 minutes until the apples begin to soften slightly but not become mushy (this will depend on variety and age of the apple). Remove apples with a slotted spoon into a bowl.
3. Stir 1 tablespoon of the sugar into the pan juices and boil down the liquid until it becomes syrupy, about 5 tbsp. Pour into a jug.
4. Return the apples to the pan, then sprinkle over the remaining sugar. Cook over a high heat, gently turning the apple pieces until golden.
5. Divide between 4 serving glasses, then pour over the syrup.
6. Top with a large spoonful of yogurt and a sprinkling of cinnamon.

