

Baked Apples served with Custard

A wonderfully warm and comforting treat to enjoy during the cooler months. These are delicious served alongside a freshly brewed pot of one of our single estate black teas.

Ingredients - Serves 6

For the Baked Apples:

6 apples
50g ground almonds
50g of pinenuts
100g toasted almonds, chopped
100g walnuts, chopped
Handful of raisins or sultanas
3 tbsp brown sugar
Zest of 1 lemon
½ tsp cinnamon
Wee bit of butter



For the custard:

5 egg yolks (save the whites for meringues)
2 tbsp brown sugar
1 tsp vanilla essence or paste
500ml milk
¼ cup cream
Whole nutmeg, for garnish

Method

Baked Apples:

Preheat the oven to 180C.

Core the apples, leaving a good-sized cavity inside. Combine the ground almonds, pinenuts, walnuts, raisins, brown sugar, lemon zest and cinnamon together and stuff the apples with this mixture, packing it in firmly and allowing a little overflow at either end. Place the stuffed apples into a greased baking dish and dot each with a little butter. Add a little water to the bottom of the dish and pop in to bake for about 45 minutes, until the apples have softened and caramelised.

Hint: Making shallow slashes in a circular motion all around the outside skin of the apple will help it retain its shape more as it cooks.

Custard:

While the apples are cooking, whisk together the yolks, brown sugar and vanilla essence. Bring the milk almost to the boil and then gradually whisk half of it into the yolk mixture, then return to the heat and thicken over a low temperature, taking care not to overheat or the custard will split. Stir in the cream.

Remove the apples from the oven and pour the custard over to serve, with a little grated nutmeg on top. These are delicious on their own or served alongside some whipped cream or ice-cream. This dish pairs beautifully with black tea.

Recipe based on one by NZ food writer Sam Mannering and appearing in Stuff Lifestyle.