

**Stamford Community Orchard Group**

# **Apple Recipes**

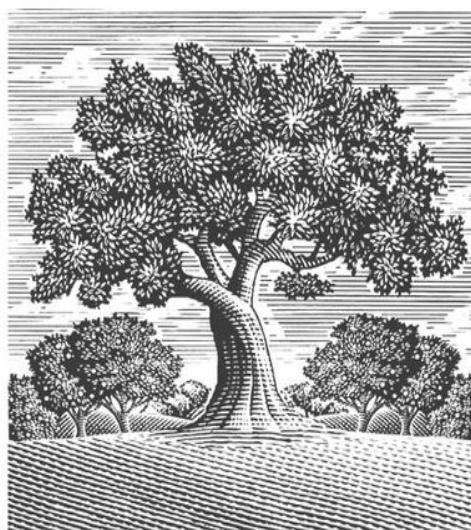
## **Apples Galore for Everyone**

**Favourite apple recipes old and new,  
collected and contributed by members of  
Stamford Community Orchard Group**

**These recipes are compiled from various  
recipes kept in the cupboards of local cooks  
for a number of years and are used time  
and time again, whenever the English apple  
is in season.**

**We thank the many contributors for their  
support.**

**All proceeds raised from this booklet will  
be used to help us preserve old orchards  
that still exist around Stamford.**



**Stamford Community Orchard Group  
C/o Stamford Town Hall  
St Mary's Hill  
Stamford.  
Lincs PE9 2DR**

**Registered Charity No: 1115719**

**Print Booklet       £4.00  
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**Compiled by Adam Cade**

**Funding from Awards for All**

**February 2014**

## Beginnings

There were at least 44 varieties of apples specific to Stamford in Victorian times. Three people introduced these: Richard Gilbert, head gardener at Burghley House, and two local nurserymen Robert Brown and Thomas Laxton.

It was the Peasgood's Nonsuch which turned one of the founders of the group into a real apple enthusiast when he heard of a Stamfordian who reported seeing a mysterious 'Stamford Apple' in France. Using the description given, we finally discovered that the apple was the Peasgood's Nonsuch. This apple was originally grown from a pip by a Mrs Peasgood when she was a child in Grantham. She later brought it with her when she moved to Stamford and Thomas Laxton introduced it to the public in 1872.

## Acknowledgements

Many of the recipes are based on SCOG's first publication of apple recipes in 2004 - *A is for Apple*. We are very grateful to all those who have kindly let us pick apples and pears from their trees, and to all the pickers and the contributors of apple recipes. Also thanks to Sally Uttley, Mary Cade and Simon Garbutt for help with the research and design. Especial thanks to the Apple Share project run by Sustainable Beccles in 2009 and 2010 for their apple recipes, and to The National Fruit Show for the recipes in their *Apple World Teacher's Guide*. Lastly this publication would not have been produced without the helpful funding from the National Lottery's Awards for All grant.

### Max Winslow

Chairman of SCOG



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## Storing Apples

Early varieties do not keep well but later varieties, picked September - October, should keep until April or May if they are stored carefully. When you have harvested your apples, leave them in a cool, well ventilated room for a couple of days; then check them over and keep only the perfect fruit, wrapped individually in squares of newspaper. This isn't essential and some people prefer to store the fruit unwrapped so that they can check them more easily. Keep the fruit in a single layer and store them in a cool, dark place. Some varieties of apple actually improve with storage and you will be surprised at how good they are.

## Coring, Peeling and Slicing Apples

This can be made easier with a hand-powered peeler-corer-slicer. These are widely available online for less than £15. They make preparing apples a technical and physical pleasure!

## Varieties

There are over 2,000 varieties of apples in England, many of them very old and local. Traditional orchards with local varieties have been declining since the last war but are now being revived and encouraged. The voluntary organisation Common Ground set up the first Apple Day in 1990. Now, with support from Natural England, over 300 local communities hold an Apple Day each October in their local community to celebrate orchards and apples.

The main aim is to involve local people in cherishing apples and orchards in their villages and towns. In September the Department for Communities and Local Government published some advice on community orchards and offered some funding for their management. Natural England have also shown considerable interest in actively managing traditional orchards as they have UK Biodiversity Action Plan priority status.

## The Bad News

We are still losing orchards at an alarming rate. Data from Natural England shows that the orchard area throughout England has declined by 63% since 1950. In 2007 we imported nearly 70% of our apples. Apples from the southern hemisphere and other far away places fill our supermarket shelves – even in autumn, the height of our apple season. Orchards have a vital role to play in ensuring our future food security. Of the 3,000 or so varieties of eating, cooking and cider apples which have been grown in this country, only a few handfuls are widely known and used. And yet thousands have been discovered or developed that are particular to different places and have assumed local names and

uses. The hundreds of varieties of damsons, plums, cob nuts, cherries, pears are also rich in associations and potential.

## The Good News

Hundreds of Community Orchards are being created up and down the country, more people are planting fruit trees in their gardens, old traditional orchards are being valued and conserved by Natural England and others for the richness of wild life they support and thousands visit Apple Day events. The Rutland and Stamford area is particularly rich in local apple varieties and people keen to promote, grow and use them.

## Folklore

In the past apples were used as a cure for warts. A piece of apple was rubbed over the wart and then buried in the ground. The idea was that as the apple rotted, the wart would disappear.

In Devon it is thought that apples will shrivel if picked when the moon is waning.

Apples should not be kept in the same bowl as other types of fruit as they speed up ripening of other fruits. (Apples produce ethylene, a ripening gas.)

An apple placed in a container of potatoes will slow down the appearance of eyes in the potatoes.

***Eat an apple on going to bed, and you'll keep the doctor from earning his bread.*** Pembrokeshire saying

Apples have also been used as a folk remedy for curing rheumatism, by rubbing the affected joint with rotten apples.

***A tough apple skin means a hard winter.***

***If the sun shines through the apple trees on Christmas Day, When Autumn comes they will a load of fruit display.***

There are more pieces of apple folklore associated with St. Swithin's day (15th July) than any other saint's day:-

***If it rains on St. Swithin's day, it is the saint christening the apples.***

No apple should be picked before 15th July.

Apple growers believe that any apples still on the trees on St. Swithin's Day will ripen fully.

***Apple pie without some cheese is like a kiss without a squeeze.*** Old Yorkshire saying

## Weblinks

### **Stamford Community Orchard Group**

[www.scog.org.uk](http://www.scog.org.uk)

### **The East of England Apples and Orchards Project**

[www.applesandorchards.org.uk](http://www.applesandorchards.org.uk)

### **Common Ground**

[www.england-in-particular.info/documents/ad9-08.doc](http://www.england-in-particular.info/documents/ad9-08.doc)

### **Natural England**

[www.naturalengland.org.uk/ourwork/conservation/biodiversity/050511.aspx](http://www.naturalengland.org.uk/ourwork/conservation/biodiversity/050511.aspx)

### **Advice on Community Orchards, Department for Communities and Local Government**

[www.communities.gov.uk/publications/communities/orchardshowto](http://www.communities.gov.uk/publications/communities/orchardshowto)

### **Garden Organic Fruit Growing Manual**

[www.gardenorganic.org.uk/growyourown/fruit\\_manual/Fruit\\_Manual\\_Combined.pdf](http://www.gardenorganic.org.uk/growyourown/fruit_manual/Fruit_Manual_Combined.pdf)

### **Traditional Orchards Project**

[www.ptes.org/orchardmap](http://www.ptes.org/orchardmap)

### **Apple Identification**

[www.gloucestershireorchardgroup.org.uk/varieties/identification](http://www.gloucestershireorchardgroup.org.uk/varieties/identification)

### **BBC Good Food**

[www.bbcgoodfood.com/search.do?keywords=Apple](http://www.bbcgoodfood.com/search.do?keywords=Apple)

### **BBC Food**

[www.bbc.co.uk/food/apple](http://www.bbc.co.uk/food/apple)

### **All Recipes**

<http://allrecipes.co.uk/recipes/tag-233/apple-recipes.aspx?page=2>

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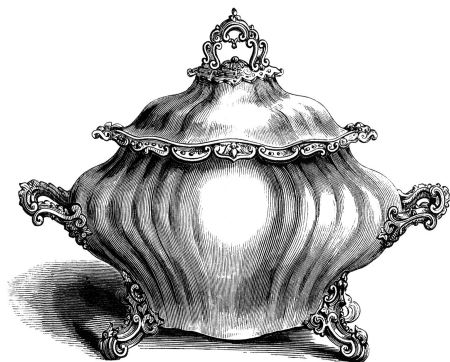
[www.applerecipe.co.uk](http://www.applerecipe.co.uk)

### **Food History Jottings**

<http://foodhistorjottings.blogspot.co.uk>



## Soups



### Savoury Apple Soup

Serves 4-6

300ml / 1pt water  
1 lemon  
50g / 2 oz sugar  
450g / 1 lb cooking apples  
1-2 pickled gherkins  
150ml / 1/4 pt cider or white wine  
150ml / 1/4 pt thin cream

For garnish:

A little cream cheese or soured cream paprika and watercress

Put the water, sliced lemon and sugar into a pan. Bring the liquid to the boil. Peel and core the apples, add to the liquid then simmer for 15 minutes or until tender. Either remove the lemon and purée the apples or sieve the fruit. Add the slices of gherkins to the warm soup with the cider or wine. Allow to cool and blend in the cream. Remove the gherkins if wished. To serve, garnish with cream cheese or soured cream and watercress.

### Pumpkin and Apple Soup

2 onions, peeled and chopped  
1 clove of garlic, peeled and crushed  
15ml / 1 tablespoon of olive oil  
500g / 1 lb 2 oz of pumpkin, skinned seeded and cubed  
2 baking apples, peeled, cored and chopped  
600ml / 1 pt of vegetable stock  
300ml / 1/2 pt of dry cider or apple juice  
2 sprigs of fresh sage  
Salt and pepper

Heat the oil in a large saucepan and add the onions and garlic. Cook for 2 minutes and then add the pumpkin, chopped apples and sage. Cook for another 2 minutes, season well and add the stock and the cider or apple juice. Bring to the boil and simmer for 15 - 20 minutes until the ingredients are tender. Liquidise and serve piping hot with crusty bread. A dollop of crème fraîche is a lovely addition.

### Spicy Parsnip Soup with Fried Apples

(from Hugh Fearnley-Whittingstall)

1/2 teaspoon cumin seeds  
1/2 teaspoon mustard seeds  
1 good pinch of turmeric  
2 teaspoons garam masala  
25g / 1 oz unsalted butter, plus 1 large knob extra  
1 medium onion peeled and finely chopped  
1 teaspoon grated fresh ginger  
3 medium-large parsnips peeled and cubed (about 500g / 1 lb 2 oz peeled weight)  
800ml / 1 1/4 pint chicken or vegetable stock  
Salt and pepper  
1 eating apple, peeled, cored and cut into thin slices

Warm a small pan over a medium-high heat and toast the cumin and mustard seeds for a minute to release their fragrance. Grind using a pestle and mortar until fine, then combine with turmeric and garam masala. Melt butter in a medium-large saucepan over a low heat and sauté the onion until soft and translucent, about 10 minutes. Add the ginger and sauté for a minute. Tip in the parsnips, sauté for another 5 minutes, then stir in the spices, ensuring everything is well coated and cook for a minute or two. Pour over the stock, bring to a simmer, partially cover and cook until the parsnips are tender, about 20 minutes. Blitz in a processor or with a stick blender until smooth, return to the pan and season with salt and pepper. Add more stock or water if it's too thick. Melt the knob of butter in a frying pan over a medium-high heat until it starts to sizzle. Add the apple slices and sauté until they take on some colour. Ladle soup into warm bowls and serve with the apple slices on top.

### Apple and Parsnip Soup

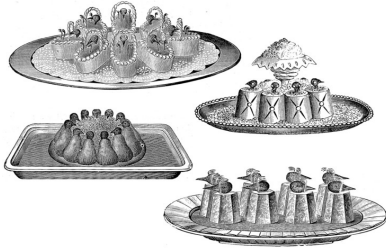
(from *The Cranks Recipe Book*)

Serves 4-6

25g / 1 oz butter or margarine  
1 medium-sized onion  
2 medium-sized parsnips  
1 medium-sized cooking apple  
600ml / 1pt veg stock  
2 tablespoons parsley, chopped  
1/2 teaspoon mixed herbs  
570ml / 1 pt milk  
salt/pepper to taste

Chop the vegetables. Melt butter in a large saucepan and sauté the vegetables and apple, stirring frequently, until the onion is transparent. Add the stock and herbs, then bring to the boil and reduce heat. Cover and simmer for 30 minutes. Add milk. Allow to cool slightly before blending in a liquidizer goblet in small quantities. Reheat to serving temperature and adjust seasoning to taste.

## Savouries



### Pinwheel Flan

(from *Apples with Everything*, Long Ashton Research Station)

125g / 4 oz streaky bacon  
1 medium onion  
2 x 5ml / 2 teaspoons cooking oil  
500g / 1 lb cooking apples  
2 x 15ml / 2 tablespoons dried thyme and parsley stuffing  
175g / 6 oz shortcrust pastry  
8 thin pork sausages

De-rind and finely chop bacon. Chop onion. Fry bacon and onion until tender. Peel, core and slice apples. Cook in very little water until light and fluffy, without excess moisture. Mix together apple, bacon and onion. Stir in stuffing and leave to cool. Line a 20cm / 8 in flan tin with shortcrust pastry. Spread cooled stuffing mixture in flan case. Arrange sausages on top like spokes of a wheel. Press them into the filling. Bake for 40 minutes at 190C / 375F (gas mark 5). Freezes well.

### Wensleydale Savoury Bake with Apples

(from Sally Uttley)

4 eggs  
4 rashers of streaky bacon – cooked and cut into pieces  
125g / 5oz of grated Wensleydale cheese  
3 tablespoons double cream  
50g / 2 oz breadcrumbs  
large knob of butter  
150g / 6 oz of lightly sweetened stewed apple  
Few snipped chives

Reserve 50g / 2 oz to mix with the breadcrumbs. Grease a 20 cm / 8 inch square ovenproof dish. Place a layer of stewed apple in base of dish. Slice 75g / 3 oz of the cheese thinly and place on top of apple. Scatter pieces of bacon over the cheese. Break in the eggs and season with a little salt and pepper. Pour on the cream mixed with snipped chives. Cover with the breadcrumbs and remaining cheese. Dot with butter and bake in a hot oven 200C / 400F (gas mark 6) for 15 minutes.

## Savoury Snacks

Use a base of thickly sliced wholemeal bread or rolls, toasted on one side and buttered on the other. Bramley apples work well, but you can experiment with other

varieties, even eating apples.

### Apple and Bacon

Spread chutney on buttered side of toast. Add a layer of thinly sliced apples and grill until soft. Cover with rashers of bacon and grill until crisp. Top with additional, thinly sliced apple, add some grated cheese and finish under the grill.

### Apple and Cheese

Arrange sliced apple on the buttered side of the toast and sprinkle with lemon juice and brown sugar. Grill gently until apple is soft. Cover with sliced cheese and brown under the grill.

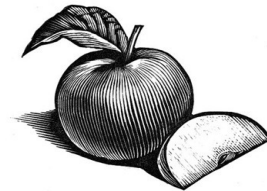
### Apple and Ham

Place a slice of ham on the buttered side of the toast. Arrange apple slices on top and grill until the apple is soft.

### Cottage Cheese and Apple Rings

Core dessert apples and cut into rings, spread with cottage cheese and top with raisins and/or nuts. Serve with cheese and biscuits.

## Chutneys



### Apple Chutney

2kg / 4 lbs apples (can be windfalls)  
1kg / 2 lbs onions  
750g / 1 ½ lb sugar  
500g / ½ lb sultanas or dates (chopped finely)  
600 ml / 1 pt of vinegar  
1 tablespoon salt  
Pinch of cayenne pepper

Peel, core and chop the apples, add the onions, sugar and sultanas or dates. Sprinkle with the salt and cayenne pepper. Cover with the vinegar and simmer gently for 2 hours, stirring frequently. Put into clean, warmed jars and cover tightly.

### Apple and Tomato Chutney

500g / 1 lb apples cut small  
500g / 1 lb onions (chopped)  
500g 1 lb ripe tomatoes, skinned and sliced  
100g / ¼ lb of sultanas

250g / ½ lb of very brown sugar  
300ml / ½ pt vinegar  
1 teaspoon of salt  
12g / ½ oz mixed pickling spices

Mix all the ingredients well, and simmer gently for about 4 hours, stirring frequently. Put into clean, warmed jars and cover tightly.

### **Apple Chutney**

(from the personal recipe book of Madeline Yorath, unearthed by Don Moxon)

2.7 to 3.6 kg / 6 to 8 lbs apples  
900g / 2 lbs onions  
900g / 2 lbs sugar  
450g / 1 lb golden syrup  
300ml / ½ pint water  
35g / 1 ½ oz ground ginger  
12g / ½ oz cinnamon  
1/4 teaspoon cayenne pepper  
35g / 1 ½ oz salt  
1200ml / 2 pts vinegar

Chop finely or mince the onions and apples and cook them with the water for 20 minutes. Add the sugar, syrup, spices and half the vinegar. When tender add the remainder of the vinegar and cook until the desired consistency is reached. Pot into hot, sterilised jars and seal

### **Apple Chutney**

(contributed by Michelle)

900g / 2 lb cooking apples  
225g / 8 oz onion, chopped  
900ml / 1 ½ pts vinegar  
450g / 1 lb brown sugar  
50g / 2 oz pickling spice  
225 g / 8 oz raisins or sultanas  
12g / ½ oz salt  
2 teaspoons ground ginger

Put onions, apples, raisins and salt into a pan with the vinegar. Tie the pickling spice in a muslin bag and add to the pan. Stew until tender. Remove the spice bag and add the ginger. Add the sugar, stir until it has dissolved. Bring to the boil and boil until it is thick. Pot into hot, clean, sterilised jars immediately and seal.

### **Apple Chutney**

(contributed by Rae Massingham)

300g / 11oz dark brown sugar  
200ml / 7 fl oz cider vinegar  
400g / 14 oz onions, finely chopped  
1 kg / 2 ¼ lbs diced apples  
2 cloves garlic, chopped  
250g / 9 oz raisins  
1 teaspoon cinnamon  
1 teaspoon allspice

6 cardamom pods (open and take seeds out)

Place all the ingredients in a large pan and bring to the boil, stirring to dissolve the sugar. Let it simmer for about 30 - 40 minutes or until all the excess liquid has evaporated and the chutney is a good consistency. Pot into hot, sterilised jars and seal. Store in a cool, dark place to mature.

### **Uncooked Autumn Chutney**

(from Sarah Raven's *Garden Cookbook*)

900g / 2lbs apples, peeled and cored  
450g / 1 lb onions, quartered  
450g / 1 lb stoned dates  
450g / 1 lb sultanas  
450g / 1 lb Demerara sugar  
1 teaspoon ground ginger  
1 teaspoon salt  
Cayenne pepper to taste  
450ml / 3/4 pt white wine vinegar

Chop the apples, onions and dates, or pulse them carefully in a food processor; don't overdo it as you don't want a purée. I use an old fashioned mincer using the coarsest ring. Put the mixture in a large china bowl and add the rest of the ingredients. Cover with a clean tea towel. Leave for 36 hours, stirring occasionally. Pot into sterilised jars. It will keep for months, if not years.

### **Apple Chutney**

(from Viv Jones, Transition Hertford)

900g / 2 lbs cooking apples peeled and cored  
225g / ½ lb onions  
12g / ½ oz salt  
½ teaspoon ground white pepper  
100g / 4 oz sultanas  
350g / 12 oz brown sugar  
600ml / 1 pt malt vinegar (you might need a little more)  
1 teaspoon of ginger

Mince or finely chop the onions and apples. Add all the other ingredients and bring to the boil in a large pan. Simmer fairly vigorously for about one hour stirring frequently. If it looks like it is evaporating too much turn down the heat a bit and add a little more vinegar. It is ready when you can draw a wooden spoon across the mixture and it leaves a channel that doesn't immediately fill with water. Pour into sterilised jars, seal and cool. Leave for at least three months in a cool dark cupboard before using.

### **Green Tomato Chutney**

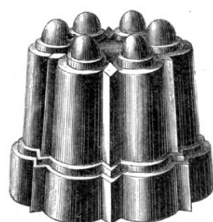
(contributed by Kate)

1.35kg / 3 lbs green tomatoes  
900g / 2 lbs onions  
900g / 2 lbs apples, peeled and cored  
900g / 2 lbs sugar  
450g / 1 lb sultanas

900ml / 1 ½ pts vinegar  
75g / 3 oz pickling spice, tied in a piece of muslin  
25g / 1 oz salt

Mince the tomatoes, onions and apples. Put the ingredients in a large pan with half the vinegar and simmer for one hour until tender. Then add the rest of the vinegar and simmer until the required consistency is reached, probably about another hour. Pot into hot, sterilised jars and seal.

## Jellies etc.



### Apple Jelly

Small windfall apples  
450g / 1 lb sugar to each  
600ml / pint of juice  
Lemon or cloves  
Water

Put apples in preserving pan, and barely cover with water: boil till pulpy. Then strain all night through a jelly-bag or muslin. To every 600ml / pint of juice add 450g / 1 lb sugar. About ½ hour of rapid boiling is necessary. Test on cold plate to see if it sets readily. Flavour with juice and rind of 1 lemon to every 900g / 2 lb of pulp, or 2 cloves to every 600ml / pint of juice.

### Blackberry and Apple Jelly

(contributed by Rose Norgate)

Cooking apples (windfalls are fine)  
Blackberries  
450g / 1 lb to 600ml / 1 pt of sugar juice

The proportion of one to the other is not crucial, but it is the apples that cause the jelly to set, so it's good to have at least half apples. Even a few blackberries will give the apples a lovely colour and flavour. You will need a jelly bag or old pillow case, or similar and some means of hanging it over a bowl.

Cut away any bad bits from the apples and remove all stalks, leaves etc from the blackberries. Chop the apples roughly - no need to peel them. Put all the fruit in a large covered pan/pressure cooker, with enough water to stop them sticking, and boil gently until the fruit is completely soft. Transfer the fruit pulp and all juices into a jelly bag and hang it over a bowl to drip. Leave it overnight. For a clear jelly, resist the temptation to squeeze the bag, but if quantity is more important than clarity, go ahead!  
Measure how much juice you have in a measuring jug

and allow 450g / 1 lb sugar to each 600ml / 1 pt. Return the juice to a strong pan and bring it to the boil, stirring in the sugar as you do so. Boil rapidly for a few minutes, then test it for setting by lifting some out on a wooden spoon, holding it up to cool for 30 seconds or so and then gradually tipping it off the edge of the spoon. When the last drip hangs on in a tear shape instead of falling, it's ready.

Pot into hot, sterilised jars and cover with waxed circles and cellophane covers. Sterilise the jars by putting them in the microwave filled up to two thirds with water, and bringing in to the boil.

### Mint Jelly

900g / 2 lbs apples quartered  
600ml / 1 pt malt vinegar  
Chopped mint  
Sugar

Stew the apples in the vinegar until soft. Press gently through a fine holed colander so that the cores and peel are left behind. To every 600ml / 1 pt of pulp add 3 tablespoons of chopped mint and 450g / 1 lb sugar. Boil until setting point is reached and pot into warm, sterilised jars. This is a savoury jelly and an excellent substitute for mint sauce in the winter when fresh mint isn't available. It's an old recipe with approximate quantities and it's not a true clear jelly.

### Sloe Jelly

1kg / 2 ¼ lbs sloes  
2kg / 4 ½ lbs apples, washed and roughly chopped  
Grated zest and juice of one lemon  
Sugar

Put the sloes in a pan with just enough water to cover. Simmer for 30 minutes until soft and pulpy. Simmer the apples in another pan, with almost enough water to cover, for 40 - 45 minutes.

Put all fruit and juice into a jelly bag and let strain overnight. Measure the strained juice and to every 600ml / 1 pt add 450g / 1 lb sugar. Over a low heat dissolve the sugar and then bring to the boil. Boil rapidly until setting point is reached.  
Pot into warm, sterilised jars.

### Apple Butter

(from the personal recipe book of Madeline Yorath, unearthed by Don Moxon)

1.5kg / 3 ¼ lbs apples  
1l / 1 ¾ pts water, or water and cider  
½ teaspoon cinnamon  
½ teaspoon ground cloves  
350g / ¾ lbs sugar to each 450g / 1lb of pulp

Wash and chop the apples, no need to peel, just cut out any bad bits. Cover with the liquid and simmer until



soft and pulpy. Sieve and weigh the pulp. Return to the pan with spices and sugar. Stir until dissolved. Boil gently, stirring to make sure it doesn't burn and cook until thick and creamy. Pot and cover as for jam.

### Sage and Apple Butter

(from the personal recipe book of Madeline Yorath, unearthed by Don Moxon)

1.8kg / 4 lbs cooking apples, peeled cored and sliced  
225g / 8 oz sugar  
2 teaspoons salt  
2 teaspoons pepper  
3 teaspoons dried sage  
1 onion finely chopped  
150ml / 1/4 pint water  
50g / 2 oz butter  
1 teaspoon Worcester sauce  
3 tablespoons vinegar

Simmer all ingredients together over a gentle heat until apples are pulpy. Beat until creamy, pour into hot, sterilised jars and seal. You might serve with cold meat or cheese.

### Apple Ginger

(from the personal recipe book of Madeline Yorath, unearthed by Don Moxon)

1.8kg / 4 lb firm, juicy apples  
1.8kg / 4 lb sugar  
1200ml / 2 pts water  
60ml / 2 fl oz essence of ginger

Peel and core the apples and cut into chunky pieces. Dissolve the sugar in the water and boil until a syrup (20 - 25 minutes). Put in the apples, a few at a time so that the syrup doesn't go off the boil. When all the apples are in and the mixture well boiled add the ginger essence and boil gently. Stir as little as possible until the preserve clears and becomes yellow (45 minutes - 1 hour). Stir well and put into hot, sterilised jars. Cover when cold.

### Orange and Apple Marmalade

(from *The Victory Cookbook* published during the 2nd World War, unearthed by Don Moxon)

Take the peel from 450g / 1 lb of sweet oranges (this is 3 - 4 fruit). Shred this finely. Put into 1500ml / 2 1/2 pints cold water and soak overnight. Simmer the peel in the water until tender and the liquid reduced. Add 450g / 1 lb peeled cooking apples (weight when peeled) to the peel and liquid. Simmer until the apples make a smooth purée. Measure the apple and orange mixture. To each 600ml / 1 pt pulp allow 450g / 1 lb sugar. Put the pulp and the sugar back in the pan, stir over a low heat until the sugar has dissolved, then boil rapidly until setting point is reached. Put into hot jars and seal.

### Suet-free Mincemeat

(contributed by Michelle)

450g / 1 lb cooking apples, peeled and chopped  
450g / 1 lb mixed dried fruit  
100g / 4 oz muscovado sugar  
1 teaspoon mixed spice  
1 teaspoon cinnamon  
1/2 teaspoon ground cloves  
300ml / 1/2 pt dry cider (or apple juice)

Put everything in a pan and bring to the boil. Simmer until thick enough. This will keep in the freezer until you need it or it will keep in sterilised jars in the fridge for about 2 months.

## Drinks



### Hot Mulled Apple Juice

Serves 6

1 1/2 l / 2 1/2 pts apple juice  
4 tablespoons maple syrup  
2 cinnamon sticks  
6 whole cloves  
6 whole allspice berries  
Peel of 1 orange, cut into strips  
Peel of 1 lemon, cut into strips

Pour the apple juice and maple syrup into a large stainless steel saucepan. Place the cinnamon sticks, cloves, allspice berries, orange peel and lemon peel in a muslin spice bag. Secure with kitchen string. Drop the spice bag into the juice mixture. Place the saucepan over medium heat for 5 to 10 minutes or until the mixture is very hot but not boiling. Remove from the heat. Discard the spice bag. Ladle the juice into big cups or mugs, adding a fresh cinnamon stick to each serving if desired.

### Spiced Apple Juice

Serves 4-6

1.2l / 2 pts apple juice  
300ml / 1/2 pt water  
100g / 4 oz brown sugar  
1/2 lemon, thinly sliced  
1/2 orange, thinly sliced  
1 stick cinnamon  
1/4 teaspoon ground nutmeg  
Lemon slices for garnish

Combine all ingredients in a large saucepan; bring to a boil. Reduce heat to a simmer; continue cooking for 10

minutes. Strain and serve in warm mugs. Garnish with lemon slices.

## Hot Spiced Apple Punch

(from Plantlife.org.uk)

1l / 1 ¾ pts apple juice  
Star anise  
300 ml / ½ pt water  
1 cinnamon stick  
½ tsp ground ginger  
5 to 8 cloves  
1 sliced orange  
Sugar to taste  
Sieved, stewed apples (optional)

Put all ingredients into saucepan and bring to the boil. Cover, lower the heat and simmer for 15 minutes. To serve add cinnamon stick, freshly grated root ginger or a slug of your favourite tipple.

## Puddings



## Blackberry and Apple Crumble

(contributed by Mrs Felton)

200g / 8 oz flour  
200g / 4 oz butter  
75 - 100g / 3 - 4 oz sugar  
1kg / 2 lbs cooking apples  
Blackberries (as many as you like)

Peel, core and slice the apples and cook with the blackberries in a small amount of water. Add sugar to taste. Place in an oven proof dish and leave to cool. Rub the butter into the flour until the mixture resembles fine breadcrumbs. Stir in the sugar. Press the crumble mix on top of the fruit and bake at 200C / 400F (gas mark 6) for 20 - 30 minutes.

The beauty of the basic crumble recipe is that you can make so many variations. You can use wholemeal flour or white; self-raising or plain; brown sugar, Demerara or white; you can add spice to the crumble mix - ginger is lovely with plain apple, or you can add cinnamon or mixed spice; you can use whatever fruit is in season. The crumble mix is also very nice with a few chopped nuts added to it - hazel nuts are especially good with apples, or you can add sunflower or pumpkin seeds for extra crunch.

## Apple Crumble

(contributed by Michelle)

4 cooking apples, peeled and thinly sliced  
125g / 4 oz plain flour  
25g / 1 oz butter  
25g / 1 oz Demerara sugar  
50g / 2 oz oats

Put the apples in a lightly greased dish. Mix flour and butter until it resembles rough breadcrumbs. Stir in the sugar and oats. Spoon mixture over the sliced apples. Bake at 190C / 375F (gas mark 5) for 45 minutes or until golden brown.

## Apple Turnovers

(from *The Victory Cookbook* published during the 2nd world war, unearthed by Don Moxon)

Shortcrust pastry made with 300g / 10 oz flour  
2 teaspoons semolina  
450g / 1 lb apples, peeled cored and thinly sliced  
25 - 50g / 1 - 2 oz sugar  
25 - 50g / 1 - 2 oz sultanas (optional)  
Pinch ground ginger (optional)

Preheat the oven to 200C / 400F (gas mark 6). Grease a baking tray. Roll out the pastry and cut into 4 rounds. Brush the edges with water. Sprinkle the semolina over the centre of the pastry, this absorbs the juice from the fruit and helps to keep the pastry crisp. Blend the ingredients for the filling together. Put on one side only of each round. Damp the edges of the pastry with water and fold the pastry over the apple filling. Seal the edges firmly together and flute them with a finger and thumb. Place on the baking tray and bake for 20 minutes, then lower the heat to 180C / 350F (gas mark 4) and cook for a further 10 minutes to make sure the fruit is tender.

## Traditional Dutch Apple Pie

(contributed by Iris)

300g / 9 oz plain flour  
100g / 4 oz caster, or granulated, sugar  
Pinch of salt  
200g / 7 oz cold butter  
1 egg  
100g / 4 oz currants  
1 tablespoon cinnamon  
1 tablespoon sugar  
24cm / 9 ½ in springclip tin

Mix the flour, sugar and salt, cut the butter in small pieces and add. Using a wooden spoon mix the butter with the other ingredients making the butter pieces smaller. Add ¾ of the egg to the bowl. Knead the dough with cool hands into a ball. Grease the tin. Line the tin, bottom and side with ¾ of the dough. Put the tin and the remaining dough in the fridge. Preheat the oven to 175C / 335F (gas mark 3 to 4). Soak the currants and raisins in hot water for 15 minutes. Meanwhile peel

the apples and cut them into small pieces. Drain and wash the raisins and currants. Mix the apples, raisins, currants, cinnamon and tablespoon of sugar. Put the apple mixture in the dough lined tin. Roll out the remaining dough on a floured surface and cut out strips to create a lattice work on top of the apple mixture. Add a little milk to the rest of the beaten egg and mix. Brush the egg on the latticed dough. Put in the oven for an hour.

After you have taken the apple pie out of the oven, let it cool down. Then use a knife to go round the pie to ensure it is not stuck to the tin. When it has properly cooled down, take off the spring.

## Apple Charlotte

1kg / 2 lbs cooking apples  
2 - 3 tablespoons water  
60g / 2 oz caster sugar  
Finely grated rind of ½ lemon  
120g / 4 oz white or brown breadcrumbs  
120g / 4 oz caster sugar  
150g / 5 oz butter

This is an excellent recipe for using up bread that's a couple of days old - just whizz it in a blender or processor to make breadcrumbs.

Peel core and slice the apples. Place in saucepan with the water. Cover with a lid and cook very gently for 30 minutes, stirring occasionally until soft. Draw pan off the heat and stir in the sugar and lemon rind. Melt butter in a large frying pan, add the crumbs and sugar and cook gently, stirring occasionally until golden brown. Combine layers of apple purée and crumb in a buttered baking dish. Place in a oven at 180C/ 350F (gas mark 4) and bake for 30 minutes. Serve with cream.

## An Apple Pudding

(from *English Housewifery* by Elizabeth Moxon, written in 1785, unearthed by Don Moxon)

'Take half a dozen large codlins, or pippens, roast them and take out the pulp; take eight eggs (leave out six of the whites), half a pound of fine white powder sugar, beat your eggs and sugar well together, and put them to the pulp of your apples, half a pound of clarified butter, a little lemon peel shred fine, a handful of breadcrumbs or biscuit, four ounces of candid orange or citron, and bake it with a thin paste under it.'

## Apple Fritters

(from 'English Housewifery' by Elizabeth Moxon, written in 1785, unearthed by Don Moxon)

'Take four eggs and beat them very well, put them to four spoonfuls of fine flour, a little milk, about a quarter of a pound of sugar, a little nutmeg and salt, so beat them very well together; you must not make it very thin, if you do it will not stick to the apple; take a middling apple and pare it, cut out the core, and cut the rest into round slices about the thickness of a shilling;

(you may your thimble) have ready a little lard in a stew pan, or any other deep pan; then take your apple every slice single, and dip it into your bladder, let your lard be very hot, so drop them in; you must keep them turning whilst enough, and mind that they be not over brown; as you take them out lay them on a pewter dish before the fire whilst you have done; have a little white wine, butter and sugar for the sauce; grate over them a little loaf sugar and serve them up.'

## Codlin Pie

(from *English Housewifery* by Elizabeth Moxon, written in 1785, unearthed by Don Moxon)

A codlin is a variety of cooking apple with a long tapering shape.

'Take codlins before they are over old, hang them over a slow fire to coddle, when they are soft peel off the skin, so put them into the water again, then cover 'em up with vine leaves, and let them hang over the fire whilst they be green, be sure you don't let them boil; lie them whole in the dish and bake them in puff paste, but leave no paste in the bottom of the dish, put to 'em a little shred lemon peel, a spoonful of verjuice or juice of a lemon, and as much sugar as you think proper, according to the largeness of your pie.'

## Baked Apples

(contributed by Rose Norgate)

4 large blemish-free apples  
25g / 1 oz sultanas  
50g / 2 oz sugar  
25g / 1 oz butter

Wash and core the apples. Score the skin of the apple round its circumference in one unbroken line. This prevents the apple from bursting. Fill the hole where the core was with sultanas about two thirds of the way up, then put in about 2 teaspoons of sugar and top with a knob of butter.

Put the apples on a baking tray and cook at 190C / 375F (gas mark 4) for about half an hour, but they can cook quicker or slower if necessary to fit in with whatever else you're cooking, adjust the time accordingly. Delicious with ice cream or crème fraîche, and don't forget to scrape all that lovely apple toffee off the baking tray!

## Tarte Tatin

(from Hugh Fearnley-Whittingstall)

1 packet of all butter puff pastry (you can use ready rolled if you prefer)  
4 - 5 firm eating apples  
80g / 3 oz unsalted butter  
80g / 3 oz caster sugar  
Juice of ½ lemon

He suggests using firm, ripe pears, but it works just as well using apples.

Heat the oven to 220C / 425F (gas mark 7). Roll out the pastry and cut out a circle using a plate, about 23cm / 9 in or slightly larger than the size of your pan or tin. Prick with a fork and leave to rest in the fridge while you prepare the apples.

Peel, core and quarter the apples and cut them into thick slices. Melt the butter and the sugar in a deep, heavy-based frying pan (about 22cm / 8 ½ in diameter - if it is oven proof you can make the whole tart in this pan). Add the lemon juice and the apples and cook on a medium-high heat, turning the slices from time to time but being careful not to break them. Cook for about 20 minutes until the fruit is tender and the caramel reduced to a thick sauce that just coats the apples. Arrange the fruit in the pan, cramming them together or transfer them to a baking tin, making sure you scrape out all the lovely caramel. Set aside to cool. Drape the pastry over the apples and tuck it in round the sides of the pan to enclose the fruit. Bake for 20 - 25 minutes until golden brown. Leave in the tin for 5 minutes, run a knife around the edge and carefully turn the tart out onto a plate. Let it rest for a further 5 minutes and then serve with cream, crème fraîche, clotted cream or ice-cream.

## **Dutch Lost Bread (Koeke Bakke Bokes)**

(from Boombal festival)

Serves 4

1 egg  
½ teaspoon ground cinnamon  
½ pint milk  
4 slices brown bread  
2+ tablespoons brown sugar  
3 tablespoons butter or margarine  
4 large peeled, sliced and cored apples

In a large bowl mix a light batter of egg, milk and cinnamon. Beat until foamy. Soak bread slices in the mixture on both sides until they are thoroughly soaked through. Heat the frying pan over medium heat with butter. Cook the bread slices for about 2 minutes on each side, until golden brown. Then fry peeled, sliced, cored apples in butter, with brown sugar and cinnamon until brown with thick sauce. Serve apples on hot bread slices, with jam on top.

## **Apple and Oatmeal Crisp**

Serves 4-6

1 kg / 2 ½ lbs apples peeled and cored  
3 tablespoons granulated sugar  
Juice of 1 lemon  
50g / 2 oz self-raising flour  
75g / 3 oz dark brown sugar  
175g / 6 oz fine rolled oats  
½ teaspoon salt  
1 teaspoon cinnamon  
75g / 3 oz melted butter (unsalted butter is best)

Put half apples in square or round 23cm / 9 in dish -

well buttered. Put half the granulated sugar on top of apples then the rest of the apples. Then the rest of the sugar. Mix in lemon juice.

Melt the butter then mix in all the remaining topping ingredients. Put topping on apples.

Cook at 190C / 375F (gas mark 5) for 30 minutes.

## **Stuffed Baked Apples**

1 apple per person  
4 tablespoons lemon curd  
4 tablespoons Demerara sugar  
50g / 2 oz chopped dates

Core apples. Mix together the remaining ingredients and use it to stuff the apples. Score apples to help prevent bursting. Cook at 180C / 350F (gas mark 4) until tender (35 minutes).

## **Coconut Apples**

1 large cooking apple per person  
1 tablespoons sugar per apple  
2 to 3 tablespoons desiccated coconut  
25g / 1 oz butter

Core the apples and score skins lightly. Mix sugar, butter and coconut into a paste, and fill centres of apples. Cook at 180C / 350F (gas mark 4) until tender (35 minutes).

## **Malvern Apple Pudding**

500g / 1 lb cooking apples  
1 teaspoon grated lemon rind  
1 tablespoon sugar  
1 teaspoon margarine (optional)

Cook these together until the apples are soft.

Sauce:

450ml / 3/4 pint milk  
1 tablespoon of plain flour  
1 tablespoon margarine  
Drop of vanilla essence  
1 beaten egg

Topping:

50g / 2 oz Demerara sugar  
½ teaspoon of ground cinnamon  
1 teaspoon of butter

Make the sauce by beating together the milk, flour and margarine over a steady heat until it is cooked and thick and white.

Remove from the heat and stir in the beaten egg. Return to heat for 2 minutes. Do not allow it to boil. Pour the sauce over the apples in an ovenproof casserole dish.

Mix together the Demerara sugar and cinnamon and put it on top of the sauce. Dot with butter. Grill until the sugar is caramelised.

## Apple Charlotte

1kg / 2 lbs cooking apples  
100g / 4 oz brown sugar  
1 lemon  
50g / 2 oz butter  
Bread

Melt half the butter, and dip sufficient slices of bread in it to line a fireproof dish (bottom and sides). Peel, core and slice the apples. Stew them with the lemon rind and juice, and half the sugar, until they are soft. Add the cooked apples to the fireproof dish and cover with breadcrumbs mixed with the remaining butter and sugar. Bake in a moderate oven 180C / 350F (gas mark 6) for 35 minutes, until browned.

## Steamed Apple Dumplings

1 large cooking apple per person  
25g / 1 oz sugar per apple  
Suet pastry

Peel and core the apples. Cut the pastry into rounds the size of a tea plate. Place each apple on a round of pastry. Fill the core hole with sugar. Draw up the edges of the pastry, wet them and press on to the apple. Tie each one in a cloth lined with greaseproof paper, drop into boiling water and boil briskly for half an hour.

## Apple Fritters

Coating batter (use any recipe for the batter)  
2 or 3 cooking apples  
Caster sugar  
Lemon juice  
Fat or oil for frying

Peel and core the apples and cut into rings. Sprinkle with sugar and squeeze lemon juice over them. Leave for a few minutes. Drain and dip in the batter, so each ring is well coated. Drop into boiling, deep fat or oil and fry for about 3 minutes. Lift out with perforated spoon and drain well on sugared grease-proof paper.

## Hazelnut Meringues with Apple Cream and Blackberries

Serves 8

85g / 3 oz hazelnuts, blanched and skinless  
150g / 5 oz caster sugar  
3 egg whites  
½ teaspoon lemon juice  
For the apple cream:  
400g / 14 oz Bramley apples  
30g / 1 oz butter  
2 tablespoons caster sugar  
½ teaspoon ground cinnamon  
200ml / 7 fl oz crème fraîche  
200ml / 7 fl oz natural yogurt

icing sugar  
150g / 5 oz blackberries  
Mint leaves, to garnish

Preheat oven to 190C / 375F (gas mark 5). Spread the hazelnuts on a baking sheet and roast in oven for 15-20 minutes until brown. Leave to cool. Grind the nuts with 1 tablespoon of sugar. Set aside.

Line two large baking sheets with baking parchment. Whisk the egg whites with the lemon juice in a bowl to soft peaks, preferably with an electric mixer. Gradually whisk in the sugar until the mixture is glossy and firm. Fold in the hazelnuts gently with a large metal spoon. Pencil 8cm x 8cm circles on the baking parchment, spaced apart. Spoon the meringue mixture into a piping bag with a 1.5cm nozzle. Using the markings as a guide, pipe concentric circles to fill each drawn circle. Pipe a further two circles on top of the outer circle to create a nest. Bake for 30-40 minutes until the meringues are crisp. Transfer to a wire rack to cool.

Quarter the apples, then remove the cores and peel. Cut into chunks. Heat the butter and sugar in a heavy-based pan over a low heat until melted, then cook until a light caramel colour. Stir in the apples and cinnamon and cook, uncovered for 5 minutes. Add 2 tablespoons of water and cover. Cook for 8-10 minutes until softened. Blend until smooth, then press through a sieve and leave to cool.

Whisk the crème fraîche until stiff, then fold in the yogurt. Fold in the apple purée and sweeten with icing sugar to taste. Spoon the apple cream into the meringue nests and arrange the blackberries on top just before serving. Garnish with mint leaves and dust with icing sugar.

## Apple Betty

2 tablespoon melted butter or margarine  
100g / 4 oz / 2 cups breadcrumbs  
1 lemon  
100g / 4 oz / ½ cup caster sugar  
1/4 teaspoon grated nutmeg, if liked  
1/4 teaspoon cinnamon, if liked  
700g / 1 ½ lb peeled, cored and sliced cooking apples  
2 tablespoons of water

Mix butter with breadcrumbs. Grate lemon rind and mix with caster sugar, nutmeg and cinnamon. Cover the bottom of a greased fireproof dish with a quarter of the crumbs, then with half the apples. Sprinkle with the sugar and spice mixture, then with another quarter of the crumbs. Add the remainder of the apples and the water, then the rest of the sugar and spice mixture. Top with rest of the breadcrumbs. Dot with butter. Bake for 30 minutes in oven at 200C / 400F (gas mark 6) until brown and crisp.

## Autumn Glory

1kg / 2-2 ½ lb apples

125g / 4 oz granulated sugar  
225g / 8 oz blackberries  
½ lemon- finely grated  
125g / 4 oz butter  
125g / 4 oz fresh white breadcrumbs  
150ml / 1/4 pt double cream  
1 rounded tablespoon caster sugar  
15g / ½ oz toasted hazelnuts or split almonds

This dish must be prepared a day in advance to allow for setting.

Peel, quarter, core and thickly slice the apples into a heavy pan. Add the granulated sugar and blackberries. Cover and cook gently at first, then increase heat and cook until the fruit is soft and pulpy.

Strain away juice from cooked fruit, transfer to a bowl, then mash to make a purée. Stir in lemon rind and cool with the bowl standing in cold water.

Pre-heat a moderately hot oven 190 C / 375F (gas mark 5) using shelf above centre.

Melt the butter in a frying pan, fry breadcrumbs, turning them continuously until they are crisp and golden. Transfer to plate.

Thickly butter or grease an 18cm / 7 inch loose-based cake tin or dish (1l / 2 pt ovenproof dish).

Layer third of crumbs in the base of the tin or dish, cover with third of the fruit, then third of crumbs, top with remaining fruit. Cover with remaining final layer of breadcrumbs. Bake for about 20 minutes then remove and allow to cool.

Cover the cold dessert with cling film or foil and refrigerate overnight (could freeze at this stage).

To serve: whip cream with caster sugar until thick. Either turn dessert out of the dish and coat with the cream completely or leave in the dish and just spread cream on top. Sprinkle the top with nuts.

## Apple Crisp

4 good-sized cooking apples  
50g / 2 oz margarine  
100g / 4 oz brown sugar  
100g / 4 oz flour

Grease a baking dish and 3/4 fill with sliced, cored apples. Cream the margarine, sugar and flour together until the mixture is like fine breadcrumbs. Spread it over apples. Bake in a hot oven 200C / 400F (gas mark 7) for 10 minutes, then reduce the heat, and bake until the apples are soft and the crumbs nicely browned. May be served hot, or well chilled, with cream.

## Lemon Apple Meringue Pie

Sweet short-crust pastry to line a deep ovenproof dish or 20cm / 7-8 inch flan case  
2 really large cooking apples, peeled and sliced  
1 lemon – grated rind and juice  
100 to 200g / 4 to 7 oz sugar (according to taste)  
2 eggs

Bake pastry blind to a pale golden.

Meanwhile, peel, slice and cook the apples, with the grated rind and juice of a lemon and about half the sugar, until it is a pulp. Beat or sieve to smooth pulp, add 2 beaten egg yolks. Spoon into pastry case. Whisk egg whites till stiff, gradually beat in the rest of the sugar. Bake for 25-30 minutes in very moderate oven 165C / 325F (gas mark 3) and serve hot; or an hour at 140C / 275F (gas mark 1) and serve cold.

## Apple Crumb Pudding

50g / 2 oz butter or margarine  
100g / 4 oz brown sugar  
tablespoon golden syrup  
1 teaspoon of mixed spice  
175g / 6 oz breadcrumbs  
Grated rind and juice of 2 lemons  
2-3 good sized apples  
50 to 75g / 2 to 3 oz of seedless raisins

Cream together the butter or margarine and half the brown sugar.

Add the mixed spice, breadcrumbs and the grated rind of the lemon.

Put half this mixture in a greased casserole.

Peel and slice the apples, mix with the rest of the brown sugar, the lemon juice and seedless raisins.

Put over the crumb mixture, then top with the rest of the mixture and put foil over, or a lid. Bake in a cool part of the oven. Lift the lid when dishing up main course so that the crumbs crisp up. Serve with a syrup sauce made by mixing the golden syrup with the grated rind and juice of a lemon and 300ml / ½ pt of water.

## Apple Lemon Mould

2 lemons  
300ml / 1 pt of hot thick apple purée  
25 g / ½ oz powdered gelatine  
2 tablespoons of golden syrup

Stir the grated rind of the lemons into the hot thick apple purée. Blend the powdered gelatine with the juice from the lemons. Stir into the hot apple purée with the golden syrup. Put into a rinsed mould and allow to set. Turn out and serve with ice cream or cream.

## Apple Pan Dowdy

3 good sized cooking apples, peeled and sliced  
2 tablespoons of brown sugar  
1 to 2 tablespoons of golden syrup  
Sprinkling of grated nutmeg  
Ground cinnamon  
100g / 4 oz self raising flour  
Pinch salt  
50g / 2 oz sugar  
4 tablespoons of milk  
50g / 2 oz melted butter or margarine

Peel and slice the cooking apples. Put into a greased 900ml / 1 ½ pint pie dish with the brown sugar, golden syrup and a sprinkling of grated nutmeg and ground cinnamon. Do not add any water. Cover the dish with tinfoil and bake in the centre of a moderate oven 180C / 350F (gas mark 4) for about 15 to 20 minutes until the apples are nearly soft. Meanwhile make a thick batter mixture by blending the flour, the 50g / 2 oz sugar, milk and melted butter or margarine. Spoon the mixture over the apples, sprinkle lightly with sugar and bake in the centre of a moderate oven 180C / 350F (gas mark 4) for 30 to 35 minutes. Turn the pudding upside down onto a dish, serve with cream or vanilla ice cream.

## Apple Water Ice

450g / 1 lb cooking apples  
1 lemon  
300ml / 1/2 pint water  
100g / 4 oz sugar  
2 teaspoon powdered gelatine  
Red or green colouring  
1 egg white

Wash and chop the apples, do not remove peel or cores as these give flavour. Put into a saucepan with the thinly pared lemon rind, water and sugar. Simmer until the apples are very soft.

Sieve the mixture, return to the pan to keep warm. Soften the gelatine in the cold lemon juice, add to the warm apple mixture, stir until dissolved. Taste, add extra sugar, if desired, or if the apples are rather sweet add a little more lemon juice. Tint a delicate shade of green or pink. Cool, then freeze. When lightly frosted whip in egg white. Return to freezer till ready to use.

## Frosted Apple

Cook peeled and cored apples until a smooth thick purée. Add a little sugar to sweeten. Allow to cool. To each 300ml / ½ pint apple purée, allow 1 egg. Blend the yolk only with the apple, then fold in the stiffly beaten egg white. Freeze lightly before serving. Top each portion with cream or vanilla ice cream, and chopped nuts or grated or desiccated coconut.

## Apple Pancakes

Basic batter mixture for pancakes  
150ml / 1/4 pint of apple purée  
A few raisins  
A little sugar

Make the pancake mixture. Have ready the apple puree which should be hot and fairly thick and dry, well sweetened and containing some raisins. When the pancake is turned, place a dessertspoon of the apple mixture in the centre, fold the pancake over this, sprinkle with sugar, and lift on to a hot dish with

palette knife.

## Duchesse Apples

6 small apples  
Butter  
25g / 1 oz of sweet almonds  
6 rounds of bread  
2 tablespoons of apricot jam  
50g / 2 oz of granulated sugar  
Water

Blanch and cut the almonds in strips. Peel and core the apples, put them in a saucepan with the sugar and a little water, cover closely and simmer until the apples are soft but unbroken. Cut the rounds of bread, butter them and brown them in a quick oven or in a frying pan. Take out the apples and keep them hot. Reduce the apple syrup by rapid boiling until there is only 150ml / 1/4 pint. Add the jam and stir. Put an apple on each piece of bread, cover with apricot syrup and stick in the almonds. (For a cold sweet, use sponge cakes instead of the bread. Put them in a glass dish, place a cooked apple on each, coat with jam and stick with the almonds as before.)

## Traditional Apple Crumble

(from *Apple World*)

6 eating apples or 4 cooking apples  
2½ tablespoons caster sugar  
2 tablespoons water  
100g / 3½ oz plain flour  
50g / 2 oz porridge oats  
50g / 2 oz butter

Preheat the oven to 190C / 375F (gas mark 5). Peel, core and thinly slice the apples. Place in a 1l / 1 ½ pt pudding basin. Sprinkle with a little of the sugar. Pour over 2 tablespoons boiling water. Place the flour, sugar and oats in a mixing bowl. Add the butter and rub into the mixture until it resembles breadcrumbs. Sprinkle topping over the apples and bake for 40-45 minutes until golden brown. Serve with a spoonful of custard, ice cream or crème fraîche.

## Beautiful Baked Apples

(from *Apple World*)

4 dessert apples  
4 teaspoons of either soft brown sugar/ caster sugar/  
golden syrup/ honey/ maple syrup or treacle  
4 small knobs of butter  
4 teaspoons of sultanas or raisins

You can use your imagination and fill the apples with any dried fruit and you could even add a pinch of spice such as cinnamon.

Preheat the oven to 180C / 350F (gas mark 4). Wipe the outside of the apple to clean the skin. Using an apple

corer, take out the middle of the apple. Gently score a line around the middle of the apple skin to stop it bursting as it cooks and helps it cook evenly. Pack the centre with your mixed fruit, top this with sugar or sweet syrup and add a knob of butter to the very top. Pop all 4 together in a baking dish and bake for 35-45 minutes or until the apple is soft all the way through. You could always serve with a spoonful of custard, ice cream or crème fraîche

## **Apfeldünne ( Swiss)**

(Contributed by Stephanie Bradshaw)

Pastry:

200g / 8 oz flour

Pinch of salt

80g / 3 oz butter

5-6 tablespoons water

Filling:

500g / 1 lb apples

2 x 5ml / 2 teaspoons cinnamon

2 x 15ml / 2 tablespoons sugar

Double cream

Mix the flour and salt and rub in the butter until the mixture looks like fine breadcrumbs. add the water and mix to form a dough, but do not knead. Roll out and line a flan tin with the pastry. Arrange apple slices neatly on top and sprinkle with the cinnamon and sugar mixed together.

Bake for 10 minutes at 220°C / 425°F, then pour a trickle of cream round the pie. Cook for a further five minutes. Lightly dust with a little caster sugar as soon as it comes out of the oven.

## **Schwäbischer Apfelkuchen**

(Contributed by Stephanie Bradshaw)

For the pastry:

180g / 7 oz butter

125g / 5 oz sugar

1 egg yolk

250g / 10 oz flour

For the filling:

50g / 2 oz ground almonds

750g / 1.5 lb dessert apples

3 egg yolks

100g / 4 oz sugar

240ml / 8 oz cream

Grated rind of a lemon

3 teaspoons plain flour

3 egg whites

For the pastry beat the butter, sugar and one egg yolk together, then mix in sieved flour. Knead to make a smooth dough. Chill before rolling out and lining a 20cm/8 in flan tin.

For the filling sprinkle the ground almonds over the

base. Peel the apples and halve them. Then remove the cores. Put the flat side down and carefully cut each half as if into thin slices, but don't cut all the way through. This will help the apples to cook. Place the apple halves on the pastry base, flat side down.

Beat the remaining egg yolks and sugar together until pale and fluffy. Carefully stir in the cream, flour and lemon rind. In a separate bowl, beat the egg whites until stiff and fold into the egg yolk and cream mixture.

Finally pour this over the apple halves in the pastry case and bake for 50 to 60 minutes at 180°C / 350°F.

## **Apple and Hazelnut Galette**

(Contributed by Stephanie Bradshaw)

Serves 8

75g / 3 oz hazelnuts, finely ground

75g / 3 oz butter

2 x 15ml / 2 tablespoons golden caster sugar

90g / 4.5 oz plain flour

Pinch salt

500g / 1 lb dessert apples, peeled, cored and sliced

15ml / 1 tablespoon apricot jam

Grated rind of a lemon

Grated rind of a large orange

2 x 15ml / 2 tablespoons sultanas

2 x 15ml / 2 tablespoons currants

Icing sugar, whipped cream and whole hazelnuts to decorate

Set oven at 190C / 375F. Cream the butter and sugar together. Sieve flour and salt into mixture and stir, then stir in the ground hazelnuts. Knead well and if necessary, chill for 15 minutes before cutting the dough in half. Place each half on a floured baking tray and press into rounds about 20cm/8 in in diameter. Bake for 10 minutes. When cooked, score each biscuit round into 8 sections, being careful not to cut through all the way, then carefully slide onto a wire rack to cool.

Meanwhile, on a low heat, cook the apples with the apricot jam and lemon rind until the apples are tender. Add the remaining ingredients and cook for a further five minutes. When cool, spread the apples over one round, sieve a little icing sugar over to taste then place the other round on top. The tricky part is trying to line up the scorings on the two rounds to make it easy to cut and serve. Decorate each section with whipped cream and whole hazelnuts.



## Cakes



### Oslo Apple Cake

For apple layer:

3 large cooking apples

50g / 2 oz sugar

1 teaspoon finely grated lemon rind

1 tablespoon lemon juice

For cake layer:

225g / 8 oz S.R.flour

100g / 4 oz fat

100g / 4 oz caster sugar

1 small egg

Peel, core and slice the apples and cook with the sugar, lemon rind and juice. If necessary add a little water but keep a very firm mixture. When soft, strain to remove any surplus moisture and cool thoroughly. Sieve the flour and rub in the fat. Add half the sugar, and the egg. Knead together well then add the rest of the sugar. Roll or press out 2/3 of the dough to make an 8 inch round. Put into a well greased 20cms / 8 in cake or deep sandwich tin, (preferably with a loose base). Top with the apple mixture. Roll out the remaining dough, cut into strips and make a lattice design over the top of the apples. Cook at 180C / 350F (gas mark 4-5) for about 40 minutes. Either eat hot with coffee or tea, or allow to cool, but serve when fresh - delicious with fresh cream.

### Apple Cream Sponge

For the sponge:

4 large eggs

100g / 4 oz caster sugar

1/2 finely grated lemon rind

100g / 4 oz flour

2 teaspoons of lemon juice

For the apple cream:

1 or 2 dessert apples

50g / 2 oz caster or icing sugar

Lemon juice

150ml / 1/4 pt double cream

Rings of pineapple

Make and cook the sponge in a 23cms / 9 in tin for about 30 minutes. Turn out and cool. Slice apples (do not peel), and simmer in a very little water and 25g / 1 oz sugar with lemon juice to flavour, till tender but unbroken. Whip the double cream. Add remainder of the sugar. Pipe or spread cream on top of the sponge. Drain the apples carefully and arrange on the cream with halved rings of pineapple.

### Devon Apple Cake

(from *Crank's Recipe Book*)

200g / 8 oz wholemeal self raising flour

1/4 teaspoon salt

1 teaspoon ground cinnamon

1 teaspoon mixed spice

100g / 4 oz soft brown sugar

100g / 4 oz butter

350g / 12 oz cooking or eating or apples

1 beaten egg

Line the base of a 19cm / 7 1/2 in square cake tin with baking parchment. In a basin combine the flour, salt, cinnamon, mixed spice and sugar. Rub in the butter until the mixture is like fine crumbs. Wash, core and roughly chop the apples, then add them and the beaten egg to the mixture and stir quickly to combine. Tip into the tin and gently press it so that it is even. Bake for about 1 1/2 hour at 190C / 375F (gas mark 5) until risen and firm to touch. Allow to cool in the tin before cutting into squares.

### Apple Cake

(from Dick Warn, Transition Hertford)

100g / 4 oz margarine

100g / 4 oz granulated sugar

225g / 8 oz self-raising flour

450g / 1 lb of apples, peeled, cored and sliced up

Rub margarine into flour and sugar until granular in texture. Add apple and mash with big wooden spoon until all stuck together. Press into shallow greased tin, sprinkle with crunchy sugar. Leave in slow oven 140C / 275F (gas mark 1) for as long as it takes to go for a winter walk, say 1 1/2 - 2 hours. It should be golden brown.

### Apple and Ginger Cake

(from Sandra White, Transition Hertford)

110g / 4 oz wholewheat flour

110g / 4 oz unbleached white flour

1/2 teaspoon bicarbonate of soda

2 teaspoon ground ginger

110g / 4 oz butter

110g / 4 oz muscovado sugar

60ml / 2 fl oz black treacle/molasses

2 tablespoons milk

2 eggs

55g / 2 oz crystallized ginger

340g / 12 oz chopped peeled apples

Chop the crystallised ginger up quite finely. Mix together the flour, bicarbonate of soda and ginger powder. Add the chopped apple and ginger to this and stir. Melt the butter in a saucepan with the sugar and treacle (or molasses). Cool slightly. Blend the milk and egg into the cooled mixture, which can then be incorporated into the flour etc. Mix well. Turn the

mixture into a prepared tin: this can be either be a loaf tin, or a flatter tin. Both seem to work, but bear in mind that a deeper cake will take longer to cook. Make the mixture in a loaf tin not more than about 5cm / 2 in deep, to ensure even cooking. Bake for 30 - 60 minutes at 180C / 350F (gas mark 4) until cooked.

## Apple Cake

(from Iain Bagnall, Transition Hertford)

350g / 12 oz self-raising flour  
225g / 8 oz margarine or butter  
100g / 4 oz caster sugar  
100g / 4 oz sultanas  
Loads of cinnamon  
Some nutmeg or allspice  
450g / 1 lb cooking apples, peeled, cored and cut into small pieces  
3 eggs, beaten lightly  
Pinch of salt  
Icing sugar

Heat the oven to 150C/ 300F (gas mark 2). Grease and line a cake tin. Sift the flour and salt together and rub in the fat to make breadcrumbs. Stir in the sugar, sultanas and spices. Mix in the apples and then stir in the beaten eggs. If the mixture seems a bit stiff, that's fine - the moisture and flavour comes from the apples in the baking. Bake in the oven for 1½-2 hours or until a skewer when inserted into the cake comes out clean.

## Apple Muffins

(contributed by Rose Norgate)

100g / 4 oz caster sugar  
100g / 4 oz butter or margarine  
2 large eggs  
200g / 8 oz self raising flour  
2 medium sized apples diced into small pieces  
1 teaspoon of cinnamon or a few drops of vanilla essence

Cream the butter and fat together, add the beaten eggs, fold in the flour, then add the diced apple. The mixture can be cooked as a slab cake to be cut into squares, or as buns/muffins in paper cases. Either way, the oven should be 190C / 375F (gas mark 5). Muffins will take about 20 minutes and a tray cake about 30 minutes, but this will depend on the bun cases and on your oven, so keep an eye on them.

## Apple and Cinnamon Upside Down Cake

(from Sally Uttley )

50g / 2 oz butter  
50g / 2 oz caster sugar  
50g / 2 oz self-raising flour  
2 eggs  
250g / 14 oz cooking apples  
Demerara sugar (enough to lightly coat base and sides of tin)

Cinnamon (light dusting)

Cream butter and sugar until light and fluffy. Beat in eggs, one at a time, adding some of flour with each egg, to stop mix from curdling. Grease an 18cm / 7 in round sandwich tin and sprinkle with Demerara sugar and cinnamon. Peel, core and slice apples. Lay overlapping slices of apple in circles, to cover base of tin. Spread cake mix over apples. Bake in a moderate oven 180C / 350F (gas mark 4) for about 30 to 35 minutes. Leave to cool in tin for a few minutes. Turn out onto a wire rack to finish cooling. Good served warm or cold as a cake. Can also be served as a dessert with cream, ice cream or custard.

## Wilfra Apple Cake

(from Sally Uttley )

450g / 1lb shortcrust pastry  
450g / 1 lb of peeled and thinly sliced cooking apples (peeled weight)  
100g / 4 oz Demerara sugar or 2 tbsp golden syrup  
75g / 3 oz grated Wensleydale cheese  
Caster sugar and milk for glaze

Roll out just over half the pastry to line a Swiss Roll tin and lightly prick the bottom. Peel, core and thinly slice the apples. Lay apples over pastry base and cover with sugar or syrup. Sprinkle grated cheese evenly on the top.

Roll out remaining pastry and place on top. Make one or two slits in top of pastry, brush with milk and sprinkle with caster sugar. Bake in a hot oven 220C / 425F (gas mark 7) for first ten minutes, then lower to 180C / 350F (gas mark 4) for a further 30 minutes until golden.

When cold, cut into squares.

This recipe was traditionally made for the St. Wilfra Week celebrations in Ripon, Yorkshire, during the first week in August. St. Wilfra is the patron saint of Ripon Cathedral. The recipe is unusual in being called a cake but is actually a pie with a layer of Wensleydale cheese on top of the apples and is normally baked in a shallow oblong tin.

## Scrumpy and Apple Cake

(from Yeo Valley Yoghurt)

215g / 7 oz plain flour  
15g / ½ oz cornflour  
1 ½ teaspoon baking powder  
½ teaspoon salt  
½ teaspoon ground cinnamon  
½ teaspoon ground cloves  
½ teaspoon ground ginger  
½ teaspoon grated nutmeg  
300g / 11 oz caster sugar plus extra for sprinkling  
175g / 6 oz unsalted butter or margarine  
2 medium free range eggs  
3 tablespoon cider or scrumpy or apple juice  
450g / 1 lb peeled and cored dessert apples, cut into 1cm / ½ in pieces

75g / 3 oz raisins  
100g / 4 oz toasted walnuts broken into small pieces

Preheat oven to 180C / 350F (gas mark 4). Grease and line a 23cm / 9 in cake tin, and tie a band of folded newspaper around the outside, secured with string. Sift flour, cornflour, baking powder, salt and spices together. Add sugar and butter and beat together until well mixed. Add eggs and beat until light and fluffy. Add cider/ juice and beat. Stir in apples raisins and walnuts and spoon mixture into prepared tin, levelling the surface. Bake for 1 ½ hours, or until skewer inserted into centre of cake comes out cleanly ( you may need to cover cake loosely with foil whilst it is cooking to prevent surface burning). Leave to cool in tin. Sprinkle caster sugar over surface before serving.

## Apple Flapjacks

(contributed by Michelle)

250g / 8 oz butter  
250g / 8 oz caster sugar  
175g / 6 oz golden syrup  
425g / 14 oz porridge oats  
2 apples, peeled and chopped

Preheat oven to 180C / 350F (gas mark 4). Oil and line the base of a 20 x 30 cm / 8 x 12 in cake tin with baking parchment. Melt butter, caster sugar and golden syrup together in a pan, stirring until the sugar has dissolved. Remove from the heat and stir in oats and apples. Spread mixture in tin and bake for 20 - 25 minutes. Cut into bars and allow to cool before turning out of the tin.

## Apple Cupcakes

(from Linda Edmond's The Cookery Angel 2008)  
Makes 12 regular sized cupcakes

110g / 4 oz self raising flour  
110g / 4 oz golden caster sugar  
110g / 4 oz unsalted butter (room temp)  
2 large free range egg (lightly beaten)  
1 large or 2 small eating apples (peeled and diced)  
Splosh of pressed apple juice  
1-2 teaspoons golden caster sugar to taste  
A few drops of Madagascan vanilla extract (optional)  
For butter cream frosting:  
100g / 4 oz unsalted butter  
220-240g / 8 to 9 oz of sifted icing sugar  
1-2 tablespoons pressed apple juice or milk  
Large pinch of ground cinnamon  
Dried cranberries and sprinkles to decorate

Pre-heat oven to 180C / 350F (gas mark 4). In a small saucepan put diced apples, 1-2 teaspoons sugar (to taste) and a splosh of pressed apple juice. Cover and cook gently until the apples are very slightly soft. Strain the apples whilst reserving the liquid and leave to cool. Cream sugar, butter and vanilla extract until light and fluffy. Gently stir in the egg adding a little at a time. Gradually fold in the sifted flour until thoroughly

combined. Fold in cooled apples. If the mixture is a little stiff you can add a little milk to achieve a very slight dropping consistency. Spoon the mixture into cupcake cases until about three-quarters full. Bake in the centre of the oven for about 10-15 minutes or until golden. Remove from oven and leave to cool for a few minutes then place the cupcakes on wire tray.  
Butter cream frosting - in a separate bowl cream butter with a wooden spoon and gradually add the icing sugar. Continue to beat and add 1-2 tablespoons of pressed apple juice (or milk) and a pinch of cinnamon. You may need to add extra icing sugar until the butter cream frosting becomes nice and smooth. Spoon or pipe the butter cream frosting onto cooled cupcakes and decorate with dried cranberries and sprinkles.

## Easy Apple Flapjacks

(from Apple World )

250g / 8 oz butter  
250g / 8 oz caster sugar  
175g / 6 oz golden syrup  
425g / 14 oz porridge oats  
2 apples, peeled and chopped

Preheat oven to 180C / 350F (gas mark 4). Oil and line base of a 20x30cm (8x12in) cake tin with baking parchment.. Melt butter, caster sugar and golden syrup together in a pan, stirring until sugar has dissolved. Remove from heat and stir in oats and apples (For your own version, try adding raisins, nuts or some spices). Spread mixture in tin and bake for 20-25 minutes. Cut into 12-14 bars; allow to cool before turning out of the tin.

## Toffee Apples

(contributed by Graham Norgate)

6 apples  
6 wooden skewers or lollipop sticks  
225g / 8 oz Demerara sugar  
110ml / 4 fl oz water  
½ teaspoon vinegar  
2 tablespoons golden syrup  
25g / 1 oz butter

Dissolve the sugar in the water over a moderate heat. When it has dissolved, stir in the vinegar, syrup and butter. Bring to the boil and cook without stirring until it reaches hard-crack stage (138C / 275F) or hardens into a ball when dropped into a jug of cold water. This should take about 10 minutes of boiling time. While the syrup is cooking, pierce each apple with a wooden stick. Once the toffee is ready, dip each apple into the hot toffee, turning it round in the syrup so that each one is fully coated. Leave to harden on a lightly oiled baking tray before serving. If you're planning to keep them for a day or two, wrap them in cellophane. Put the apples in the fridge for a couple of hours before coating them - it helps the toffee to stick.

## Cinnamon Apple Chips

(from Apple World - A Teacher's Guide to: A year in the life of an apple tree, National Fruit Show  
(www.nationalfruitshow.org.uk/schools)

450mls / ¾ pt unsweetened apple juice  
1 cinnamon stick  
2 eating apples

Heat oven to 140C / 275F (gas mark 1). Combine apple juice and cinnamon stick in a pot; bring to a low boil while preparing apples. Core the apples. With sharp knife, slice off 1 cm / ½ in from top and bottom of apples and discard (or eat!). Saw gently crosswise into very thin ½ cm / 1/8 in rings, rotating the apple as necessary to get even slices. Drop the apple slices into boiling juice; cook 4 to 5 minutes or until slices appear translucent and lightly golden. With a slotted spatula, remove the apple slices from juice and pat dry with a paper towel. Arrange the slices on cake-cooling racks, being sure none are touching. Place the racks on the middle shelf in oven; bake 30 to 40 minutes until apple slices are lightly browned and almost dry to touch. Let chips cool on racks completely before storing in airtight container.

## Breads



### Dutch Apple Bread

100g / 4 oz butter or margarine, softened  
225g / 8 oz sugar  
2 eggs  
1 teaspoon vanilla extract  
275g / 10 oz all-purpose flour  
1 teaspoon baking soda  
½ teaspoon salt  
225ml / 7 fl oz buttermilk  
100g / 4 oz chopped, peeled apple  
75g / 3 oz chopped walnuts  
For the topping:  
50g / 2 oz all-purpose flour  
2 tablespoons sugar  
2 tablespoons brown sugar  
½ teaspoon ground cinnamon  
3 tablespoons butter or margarine

In a mixing bowl, cream butter and sugar. Beat in eggs and vanilla. Combine flour, baking soda and salt; stir into the creamed mixture alternately with buttermilk. Fold in apple and nuts. Pour into a greased 23x13x8 cm / 9x5x3 in. loaf pan. For topping, combine the first four ingredients; cut in butter until crumbly. Sprinkle over batter. Bake at 180C / 350F (gas mark 4) for 55-60

minutes or until bread tests done. Cool in pan 10 minutes before removing to a wire rack.

### Apple and Sage Focaccia

(from Cambridge Cookery School)

15g / ½ oz dried yeast  
240ml / 7 fl oz lukewarm water  
1 ½ teaspoon sea salt  
400g / 14 oz strong white flour  
3 tablespoons extra virgin olive oil (and more for drizzling)  
2 apples, halved, quartered, cored and cut into thin wedges  
Fresh sage leaves

Mix the yeast with a little lukewarm water. Stir to dissolve the granules, cover with cling film and leave for 10 minutes until foamy. Weigh up the flour and salt. Add the foaming yeast and all the water. Mix and knead. Leave to rise for 1 hour. Gently stretch out to an oval shape and place on a floured baking sheet. Make indentations all over the surface and scatter the apples and sage over the dough, pressing down gently so it sits in the dough, not on it. Drizzle with more olive oil and sea salt. Bake in a very hot oven 240C / 475F (gas mark 9) for 17-18 minutes.

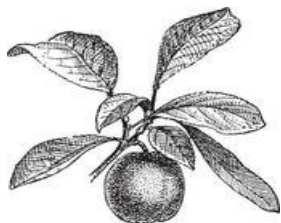
### Apple and Cinnamon Knots

(from Cambridge Cookery School)

15g / ½ oz dried yeast  
250ml / 7 fl oz milk  
75g / 3 oz butter  
60g / 2 ½ oz caster sugar  
1 egg  
400g / 14 oz strong white flour  
For the filling:  
60g / 2 ½ oz soft butter  
100g / 4 oz dark muscovado sugar  
Ground cinnamon  
3-4 grated apples

Mix the yeast with a little lukewarm water. Stir to dissolve the granules, cover with cling film and leave for 10 minutes until foamy. Place the butter, milk and sugar in a saucepan and heat gently to melt the butter. Weigh up the flour. Add the foaming yeast and the milk mixture. Crack the egg, whisk lightly with a fork and add about 2/3 to the dough. Mix and knead. Leave to rise for 1 hour. Using a rolling pin, roll out to roughly the size of an A4 sheet. Spread with soft butter, sprinkle with sugar and cinnamon. Spread with chopped apple. Fold the dough in half. Use the rolling pin to gently press down to seal in the filling. Cut 2-3 cm / 1 in wide strips. Twist each strip into a large knot. Use a pastry brush to glaze with remaining egg. Place in muffin tins – in paper cups or straight in the tins – both work well. Bake in a hot oven 220C / 425F (gas mark 7) for 6-9 minutes.

## Plum Recipes



We've added some plum recipes – why? Because they are delicious and come from traditional orchard trees.

### Pickled Plums

900g / 2 lb plums  
450g / 1 lb Demerara sugar  
Cloves  
A good piece of stick cinnamon  
Malt vinegar

Choose plums that are slightly under-ripe, and prick them with a needle. (This will help to keep the plums intact and prevent their skins from splitting when they are cooked.) Stick a clove into one end of each plum. Arrange the plums in a fireproof dish with the sugar, cinnamon and sufficient vinegar to cover them. Put the dish (with a lid on) into a warm oven 125C / 250F (gas mark ½) for about 30 minutes or until the plums begin to feel soft. Remove the dish and allow it to stand until the next day. Then strain the fruit and carefully pack them into jars. Boil up the juice and simmer for 30 minutes. We find it best to add a little more sugar at this stage to give the juice a thicker consistency. Pour the hot liquid over the fruit and cover when cold. Keep the pickled plums at least 3 months before using them. By this time the skins have hardened and wrinkled, but the of the fruit is still soft and spicy. We eat these plums with roast meat and chicken, and they're superb with cold pork pie. Remember that there is a clove in the end of each plum before biting into it.

### Dried Plums (Prunes)

First wipe the fruit with a damp cloth and lay it on trays. Then dry in the oven. The temperature of the oven should be low to begin with, increased slowly to ensure that the plum skins do not split. Raise the temperature of the oven slowly to 50C / 120F and leave the plums until the skins begin to shrivel; you can then increase the temperature to 70C / 150F and allow the plums to dry completely. The fruit is dried if it yields no juice when squeezed between the fingers. The prunes can then be removed, allowed to stand at room temperature in a dry place for 12 hours, and then packed and stored.

Failure to make dried fruits appetizing is usually due to insufficient soaking. Dried fruits require long soaking (24 to 48 hours) in plenty of water. They should then be

allowed to come to boiling point slowly in the water in which they were soaked and boiled gently until the fruit is plump and tender. The sugar should be added a few minutes before cooking is completed.

### Plum Ketchup

3.6kg / 8 lb plums or damsons  
225g / 8 oz currants  
450g / 1 lb onions, chopped small  
50g / 2 oz coarse salt, grated  
450g / 1 lb Demerara sugar  
1.25 l / 2 pts vinegar  
Tie the following spices in a piece of gauze:  
6-8 dried chillies  
1 teaspoon black peppercorns  
1 teaspoon mustard seeds  
10g / 1/4 oz dried root ginger, crushed a bit first  
10g / 1/4 oz allspice berries  
2 whole garlic cloves

First slit the plums with a sharp knife and remove the stones, then place the fruit in a large pan and add the currants, onions and the bag of spices. Add 570 ml / 1 pint of the vinegar, bring to the boil and simmer gently, uncovered, for about 30 minutes or until the mixture is soft. Now remove the bag of spices, place the contents of the pan in a liquidiser and blend until perfectly smooth-if necessary sieve as well. Then rinse out the pan and return the purée and bag of spices to it, adding the salt, sugar and the remaining 570 ml / 1 pt of vinegar. Bring to simmering point and cook gently, uncovered, for 1-2 hours or until the ketchup has reduced to approximately 2l / 3.5 pts. Stir now and then to prevent sticking.

In the meantime prepare the containers by boiling the bottles and their tops. When the ketchup is ready pour it into the bottles while they're still hot, filling them to within 2.5cm / 1 in of the top. Put on the tops immediately but screw them only half-way and if you're using the 'pop' type bottles push the top in but leave the lever up.

Next place the bottles in a pan (standing them on an upside down enamel plate or folded tea towel and add warm water to within 4 cm / 1.5 in from the tops. Bring the water to the boil and after 10 minutes transfer the bottles to a wooden surface and complete the sealing. This is delicious served with cold meats or sausages and will keep indefinitely.

### Plum Rum Jam

450g / 1 lb fine-chopped plums  
675g / 1 ½ lb sugar  
150ml / 5 fl oz lemon juice  
75 ml / 2 ½ fl oz

Combine plums, lemon juice and sugar in pan. Boil hard for three minutes, stirring constantly. Add rum. Stir at intervals for minutes. Pour into jars and seal.

## Plum Relish

450g / 1 lb plums  
150 ml / 1/4 pt vinegar  
175g / 6 oz brown sugar  
1 teaspoon salt  
2 small onions  
6 crushed peppercorns  
1 pod chilli  
3 cloves  
½ teaspoon mixed spice

Wash and stalk plums. Put all the ingredients into a pan and put on lid. Bring very slowly to the boil and cook very gently for half an hour. Leave till cold, remove onions and press through a sieve. Boil for 5 minutes, then bottle.

## Spiced Plum Chutney

2 ½ kg / 5 lbs plums  
3 largish onions  
450g / 1 lb dark soft brown sugar  
450g / 1 lb Demerara sugar  
1 whole cloves  
1.2l / 2 pts malt vinegar  
3 cloves garlic  
2 teaspoons ground ginger  
2 tablespoons salt  
2 small cinnamon sticks  
25g / 1 oz whole allspice berries

Firstly wash and dry the plums. Slit down the middle and remove the stones. Add chopped onions to pan. Add crushed garlic, ginger, sugars and vinegar. Add wrapped gauze with the cinnamon, allspice and cloves. Bring everything to the boil, then lower the heat and let chutney simmer gently for 2-3 hours, with some stirring. When soft consistency and vinegar disappeared pour into washed, dried and warmed jars. Do not use metal (corrodes) or paper (allows evaporation) lids.

