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Apples



Apples will keep for several days in a fruit bowl. If you buy a lot of apples put most in the bottom of the fridge.

Apples range from very sharp (cooking apples), through slightly sharp (dual purpose) to very sweet eating apples.



Ingredients

- 4 semi-sweet apples
- 1 tablespoon sugar
- 1 teaspoon ground mixed spice

Sponge Topping:

- 50g or 3 rounded tablespoons flour
- 50g or 3 level tablespoons sugar (caster or granulated)
- 50g or 2 rounded tablespoons soft margarine
- 1 large egg
- 1/2 teaspoon baking powder (only if using plain flour)
- milk to mix

Method

- Mix together the topping ingredients in a bowl - beat well together with a wooden spoon or electric mixer until the mixture is creamy. Add about 1 tablespoon of milk or just enough so that the mixture just drops off the spoon if given a little shake of the hand.
- Wash the apples and quarter and core. Slice thinly. Put in the base of an oven-proof dish and sprinkle on the sugar and spice. Top with the sponge mixture.
- Bake in an oven at 190°C/Gas 5 for 30 minutes or until the sponge has risen, is starting to become golden and is pulling away from the sides of the dish.
- Serve hot with custard, fat reduced crème fraîche or ice cream.