



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 medium sized Bramley or other cooking apple
- mincemeat (sweet fruity filling for mince pies)
- 4 tablespoons of water
- knob of butter

Method

- Wipe the apples clean and score the skin around the centre of the apple. Core the apple either with a corer or small sharp knife - twist around the stalk cutting out just the centre of the apple through to the base.
- Place the apples in an oven-proof dish and pour the water around them. Stuff the central cavities with mincemeat and top each with a tiny dot of butter.
- Bake at 180°C/Gas 4 for 30-45 minutes.
- Serve with ice cream, low fat crème fraîche or whipped cream for special occasions.