

October 2019

Apples Galore

Classic Apple Crumble

Ingredients

- 900gm cooking apples (eg Bramleys)
- 120-150gm granulated sugar (according to taste)
- Finely grated zest of 1 lemon
- 6 tbsp. water

Topping

- 175gm plain flour
- 90gm butter
- 60gm demerara sugar

Method

1. Peel and quarter the apples, slice them fairly thinly. Toss the slices in the sugar, lemon zest and water. Put in a shallow 20cm oven proof dish
2. For the topping put the flour in a bowl and rub in the butter until it resembles fine bread crumbs, then stir in the sugar.
3. Sprinkle the topping over the apple mixture and bake in a pre-heated oven at 180°C (gas mark 4) for 40-45 minutes until golden brown and bubbling.

An alternative sweeter topping (method same as classic apple crumble topping)

- 250gm self-raising wholemeal flour
- 90gm butter
- 150gm light muscavado sugar

Fresh Mincemeat Pancakes (for 8 pancakes)

Ingredients

- 125gm plain flour
- 1 egg + 1 egg yolk
- 300 ml milk
- A pinch of salt
- Sunflower oil for frying

Filling

- 450gm cooking apples, peeled and sliced
- 100gm soft brown sugar
- 50gm butter
- ¼tsp mixed spice
- 170gm mixed dry fruit
- 15ml lemon juice
- Finely grated lemon zest
- Extra butter for frying pancake rolls

Method

1. Make the pancakes by sieving the flour and salt into a bowl. Break the egg into the centre of the flour. Gradually whisk in the milk until the mixture becomes smooth, using a spatula to draw in the flour from the sides of the bowl. Leave the batter to stand while you make the filling,
2. Grease a frying pan with a wad of kitchen paper dipped in sunflower oil, heat it gently until it becomes hot.
3. Ladle enough batter to cover the base, tilting the pan so that the batter spreads out evenly. Cook over a medium heat for a minute or so until golden underneath. Loosen the edge and flip over.
4. Cook the other side of the pancake for 30 seconds until golden. Slide onto a plate.
5. Reheat the pan and oil it again, add batter and repeat.
6. Stack pancakes with grease proof paper in between.
7. Place the apples in a pan with the sugar, butter and spice. Simmer gently, stirring occasionally for 20 minutes.
8. Stir in the dried fruit, lemon juice, lemon zest and leave to cool. Divide the filling between the pancakes and roll up. Fry the pancakes in butter until they are golden brown.
9. Serve with plenty of cream.

Seafood Pancakes

Ingredients

- See pancakes above

Filling

- 250gm cod fillet
- 200gm cooked prawns
- 2 tbsp. olive oil
- 1 small onion, finely chopped
- 1 garlic clove, crushed
- 4 tomatoes, finely chopped
- 1 tbsp. chopped fresh dill
- Salt and black pepper
- 5 tbsp. single cream
- 2 tbsp. chopped fresh basil
- Basil and lemon to garnish

Method

1. Make the pancakes as before and keep warm.
2. Heat the oil in a medium pan, add the onion and garlic. Cook gently for 10 minutes until soft.
3. Add the cod, cut into small pieces, the tomatoes, dill, salt and pepper. Cook over a medium heat, stirring, for 10 minutes or until thick.
4. Stir in the cream and prawns and heat gently. Remove from the heat and stir in the basil. Keep warm.
5. Fill the pancakes with the seafood mixture. Garnish with the basil and lemon.

Recipe for Christmas Mincemeat

Ingredients

- 650gm raisins
- 100gm mixed peel
- 1 kg cooking apples
- 325gm currants
- 225gm sultanas
- 175gm shredded suet
- 1 tsp mixed spice
- 4 tbsp. lemon juice
- Zest of 2 lemons
- 675gm granulated sugar
- 6 tbsp. rum, brandy or sherry

Method

1. Peel, core and chop, then grate the apples. Place everything into a large bowl. Mix thoroughly and leave to stand overnight.
2. Put into freezable containers. This mincemeat needs to be kept in the freezer because of its high apple content. It would only keep for a month in the fridge.

We hope to use this in a recipe next month.