

Menu Talk

"I was asked to consult as a development Chef with Uncle Bens. Here are some examples"

APPLE PAN DOWDY SWEET

INGREDIENTS SERVES 50

FILLING:	
COOKING APPLES	10LB / 4.5KG
WATER	3 1/2PTS / 2L
GROUND NUTMEG	1TBSP / 15ML
CLOVES	1TBSP / 15ML
MACE	1TBSP / 15ML
GROUND CINNAMON	3TBSP / 45ML
LIGHT BROWN SUGAR	1LB / 4OZ
SALT	1 PINCH
BUTTER	2LB 4OZ / 1KG
GROUND GINGER	1TBSP / 15ML
ALLSPICE	1TBSP / 15ML
BLACK TREACLE	1 1/2PTS / 900ML
LEMON JUICE	5FLOZ / 150ML
EGGS, BEATEN	10

TOPPING:	
MAIZE FLOUR	1LB 4OZ / 575G
PLAIN FLOUR	15oz / 425G
BAKING POWDER	10TSP / 50ML
BUTTER, MELTED	10oz / 275G
EGGS, BEATEN	5
COOKING LIQUOR FROM APPLES	
TO DECORATE:	
LIGHT BROWN SUGAR	

METHOD

1. TO MAKE THE FILLING: PEEL AND CORE THE APPLES. PLACE THE PEELINGS AND CORES IN A SAUCEPAN WITH THE WATER, NUTMEG, CLOVES AND MACE, HALF THE CINNAMON, 10OZ/275G LIGHT BROWN SUGAR AND SALT.
2. BRING TO THE BOIL AND REDUCE LIQUID BY HALF. STIR IN 10OZ/275G OF THE BUTTER, REDUCE THE HEAT AND SIMMER FOR 5 MINUTES. STRAIN THE LIQUID AND SET ASIDE.
3. MEANWHILE, SET ASIDE THE PEELED APPLES IN A BOWL OF WATER WITH A LITTLE LEMON JUICE TO PREVENT BROWNING.
4. HEAT THE REMAINING BUTTER, SUGAR AND CINNAMON WITH THE GINGER AND ALLSPICE. COOK GENTLY FOR 2 MINUTES UNTIL WELL COMBINED.
5. REMOVE FROM THE HEAT, WHISK IN THE BLACK TREACLE AND LEMON JUICE. ALLOW TO COOL SLIGHTLY, THEN BEAT IN THE EGGS.
6. DRAIN THE APPLES WELL AND SLICE. ADD TO THE BLACK TREACLE MIXTURE, STIR WELL. PLACE IN A SHALLOW OVENPROOF DISH.
7. TO MAKE THE TOPPING: SIEVE THE MAIZE FLOUR, PLAIN FLOUR AND BAKING POWDER TOGETHER IN A BOWL.
8. STIR IN THE BUTTER AND GRADUALLY ADD THE EGGS TO FORM A SMOOTH PASTE.
9. ADD SUFFICIENT OF THE APPLE LIQUOR IN A STEADY THIN STREAM WHILST MIXING UNTIL THE MIXTURE BECOMES THE CONSISTENCY OF A PANCAKE BATTER.
10. POUR THE BATTER OVER THE APPLES. BAKE IN A PREHEATED OVEN AT 180°C/350°F/GAS MARK 4 FOR ABOUT 40 MINUTES, UNTIL SET AND GOLDEN.
11. SPRINKLE WITH LIGHT BROWN SUGAR BEFORE SERVING HOT WITH FRESHLY WHIPPED CREAM OR VANILLA ICE CREAM.



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