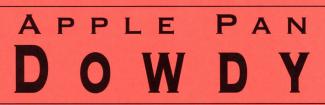
## Menu Talk

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



SWEET

## **INGREDIENTS SERVES 50**

FILLING: 10LB / 4.5KG COOKING APPLES 31/2PTS / 2L WATER GROUND NUTMEG 1TBSP / 15ML 1TBSP / 15ML CLOVES 1TBSP / 15ML MACE 3TBSP / 45ML GROUND CINNAMON 1LB / 40Z LIGHT BROWN SUGAR 1 PINCH 2LB 40Z / 1KG GROUND GINGER 1TBSP / 15ML 1TBSP / 15ML ALLSPICE BLACK TREACLE 11/2PTS / 900ML LEMON JUICE 5FLOZ / 150ML EGGS, BEATEN

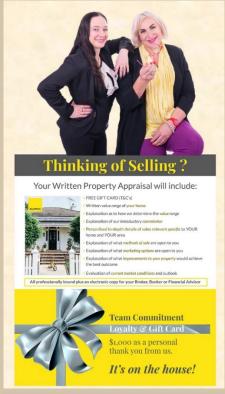
TOPPING: 1LB 40Z / 575G MAIZE FLOUR PLAIN FLOUR 150z / 425G 10TSP / 50ML BAKING POWDER 100z / 275g BUTTER, MELTED EGGS, BEATEN COOKING LIQUOR FROM APPLES

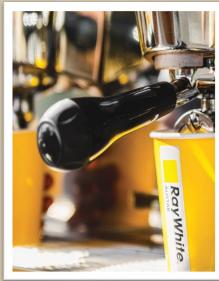


## **METHOD**

- 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, 100Z/275G LIGHT BROWN SUGAR AND SALT. BRING TO THE BOIL AND REDUCE LIQUID BY HALF. STIR IN 100Z/275G OF THE BUTTER, REDUCE THE HEAT AND SIMMER FOR 5 MINUTES. STRAIN THE LIQUID AND SET ASIDE. MEANWHILE, SET ASIDE THE PEELED APPLES IN A BOWL OF WATER WITH A LITTLE LEMON JUICE TO PREVENT BROWNING. HEAT THE REMAINING BUTTER, SUGAR AND CINNAMON WITH THE GINGER AND ALLSPICE. COOK GENTLY FOR 2 MINUTES UNTIL WELL COMBINED. REMOVE FROM THE HEAT, WHISK IN THE BLACK TREACLE AND LEMON JUICE. ALLOW TO COOL SLIGHTLY, THEN BEAT IN THE EGGS, DRAIN THE APPLES WELL AND

- DISH. TO MAKE THE TOPPING: SIEVE THE MAIZE FLOUR, PLAIN FLOUR AND BAKING POWDER TOGETHER IN A
- MAILE FOUNDER, TOUGHTHER IN A BOWL.
  STIR IN THE BUTTER AND GRADUALLY ADD THE EGGS TO FORM A SMOOTH PASTE.
  ADD SUFFICIENT OF THE APPLE LIQUOR IN A STEADY THIN STREAM WHILST MIXING UNTIL THE MIXTURE BECOMES THE CONSISTENCY OF A PANCAKE BATTER.
  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.
  SPRINKLE WITH LIGHT BROWN SUGAN BEFORE SERVING HOT WITH FRESHLY WHIPPED CREAM OR VANILLA ICE CREAM.







From 1983 through to 2009, Jasmine Sergeant enjoyed a successful career as a fine dining Chef in the UK. Here is a selection of recipes used during her career

Call Jasmine Sergeant of Team Commitment whenever you are curious of the value of your home.