



Apple Charlotte

This is a healthier version of an Autumnal favourite that was created by Diabetes UK. A great way of using up bread and a glut of apples, you could add extra dried fruits or blackberries to ring the changes.

Ingredients:

3 unpeeled apples, cored and grated
 200ml apple juice
 1 tbsp soft dark brown sugar
 2 x 5ml cinnamon
 1 x 5ml sunflower oil
 4-5 slices bread, crusts removed
 1 egg yolk, lightly beaten

Equipment:

Grater
 Sharp Knife
 Saucepan
 Greaseproof paper
 Oven proof tin
 Weighing scales
 Measuring jug
 Measuring spoons
 Small bowl

Instructions

1. Preheat the oven to 180°C/ gas mark 4.
2. Core and grate the apples and place in a saucepan with 100ml of apple juice and simmer until soft (4-5 minutes). Leaving the juice behind, place the apples in a bowl.
3. Add the sugar and cinnamon to the pan with the remaining 100ml of apple juice and gently melt the sugar, adding a little more juice if needed. Allow to cool, you should end up with around 100ml of syrup.
4. Rub the sunflower oil around a small pudding basin, ovenproof dish or loaf tin and place some greaseproof paper on the bottom. Dip the bread in the apple syrup and use it to line the basin. Make sure there are no gaps.
5. Stir the egg yolk into the apple, then put the mixture into the bread-lined dish.
6. Finally, top with more syrup-soaked bread and spoon on any remaining liquid.
7. Bake for 20 minutes. Check after 15 minutes and if the top is very brown at the edges, place a piece of foil over it for the last 5 minutes.
8. Allow to stand for a few minutes, loosen the edges with a knife and carefully turn out onto a serving plate.

Skills used include:

Grating, boiling, combining, baking
ALLERGENS HIGHLIGHTED IN BOLD

