

## Lathcoats Farm Great Essex Apple Recipe Competition

### **APPLE NUT TRIFLE** from Mrs E Everett

#### **Ingredients**

1 ½ lbs (680g) bramley apples

2 oz (60g) ground almonds

2oz (60g) butter

2 oz (60g) sugar

2 eggs separated and the yolks beaten and whites whipped

10 fl oz (300ml) cream or thick custard

2oz (60g) walnuts chopped small

#### **Method**

Preheat the oven to 375 F/190 C/gas 4

Peel, core and chop the apples and put them in a stewpan with just enough water to prevent them burning (about 2 tbsps), and simmer until they are a soft pulp. Stir them to prevent them sticking to the pan. Mash them with a fork and put in a pie dish.

Beat the butter and sugar to a soft cream, add it to the ground almonds, well beaten yolks and the whipped whites. Pile this on the apple and bake in a slow oven for about 45 minutes. When cool, turn it out on a glass dish and when quite cold whip the cream, adding a teaspoon of white sugar.

Add the walnuts to the cream or custard.

Pile this on the trifle and serve.