

## **The Lathcoats Great Apple Recipe Competition**

**Applerumtopf** from Mrs John

### **Ingredients**

4 even sized cooking apples

1 banana

2 tsp lemon juice

25g flaked almonds

1 tsp chopped angelica

6 glace cherries chopped

¼ tsp ground cinnamon

100g soft brown sugar

4 tbsp double cream

1 tbsp rum

### **Method**

Remove core from the apple. Trim a thin slice from the top of each apple. Put into a shallow dish and microwave on high for 3–4 minutes, until sides yield under gentle pressure. Set aside for 2–3 minutes.

Mash the banana with the lemon juice, add almonds, angelica, cherries, cinnamon and half sugar. Scoop about  $\frac{3}{4}$  of the pulp from each apple and stir into the banana mixture. Pile back into the apples.

Microwave on high for 3  $\frac{1}{2}$  to 4 minutes until the apples are tender. Transfer the apples to a serving dish. Stir the cream, rum and remaining sugar into the residual juices in the dish and microwave for 1–2 minutes or until it boils. Spoon the syrup over the apples and serve.