

Lathcoats Farm mulled apple punch

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Ingredients

- 1 litre bottle Lathcoats apple juice
- 1-2 tablespoons of Essex honey (to taste)
- 1 large Cox apple (washed, cored and sliced)
- 100 ml water
- 1 teaspoon grated fresh ginger
- 1 cinnamon stick (optional)
- 1 homemade 'mulled apple sachet'

Items and ingredients for 'mulled apple sachet'

- 1 small square of muslin
- Piece of string
- 3 whole cloves
- ½ teaspoon each of the following spices;
fennel seeds, ground allspice, ground cinnamon, ground ginger
- 1 teaspoon of crushed cinnamon stick

Method

1. Lay the square of muslin on a flat work surface and measure all the 'mulled apple sachet' ingredients into the middle of the cloth.
2. Draw together edges of the muslin and tie with the string.
3. Pour the bottle of apple juice and the 100 ml of water into a medium sized saucepan. Switch the heat to medium to high.
4. Add 1-2 tablespoons of honey (to taste), 1 'mulled apple sachet', sliced apple and a cinnamon stick.
5. Grate a thumb sized piece (about a teaspoon) of fresh ginger into the pan.
6. When the apple punch begins to simmer turn the heat down to the lowest setting.
7. Stir the punch a few times and squeeze the 'mulled apple sachet' against the side of the pan with a ladle to release the flavour of the spices.
8. Ladle the mulled apple punch into mugs or mulled wine glasses.

(Grown ups can add a large swig of brandy just before serving)

Apple and raisin porridge

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Serves 2-3

Ingredients

1 large eating apple
500 ml whole milk
4 tablespoons porridge oats
1-2 tablespoons raisins
1-2 tablespoons honey (to taste)
½ teaspoon Madagascan vanilla extract
Pinch of cinnamon
Seeds of 2 cardamom pods (crushed in pestle and mortar)
1-2 tablespoons double cream

Method

1. Pour the milk into a medium saucepan and turn to a medium to high heat.
2. Add the porridge oats and raisins.
3. Stir in the vanilla extract, cinnamon and cardamom.
4. When the milk starts to simmer turn the heat down, stirring occasionally.
5. When the porridge starts to thicken peel and grate the apple into it.
6. Cook for about 8-10 minutes on lowest heat, stirring occasionally then add the honey (to taste).
7. Swirl in the double cream and ladle into bowls (and whatever you do – don't tell them it's porridge!)

Apple pancakes with berry sauce

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Makes about 8 American-style pancakes

Ingredients

Berry sauce

150 grams of fresh or frozen mixed berries

1-2 tablespoons golden caster sugar

Splosh of apple juice

Apple pancakes

140 grams self raising flour

A large pinch of baking powder

2 tablespoons of golden caster sugar

125 ml whole milk

1 large free range egg

2 tablespoons melted butter

1 large or 2 small eating apples

Extra melted butter for cooking pancakes

Method

Berry sauce

1. In a small saucepan add the berries, sugar and apple juice. Turn the heat to a medium to high heat and stir until the sugar has dissolved.
2. Cook for about four to five minutes then turn down the heat. Mash the berries with a potato masher until the sauce becomes 'jammy'.
3. Remove from the heat and pour into a small serving jug.

Apple pancakes

1. Sift the flour and baking powder into a medium sized bowl.
2. Measure the milk into a jug and break the egg into it, beat lightly and gradually pour the mixture into the flour.
3. Stir until you get a smooth thick batter.
4. Peel and grate the apple and add to the batter then stir in the melted butter.
5. In a large non stick frying pan pour a little melted butter (or dip a rolled up wad of kitchen roll into melted butter and swirl around the pan) and turn the heat to medium.
6. Ladle four separate 'dollops' of thick batter into the pan. When little bubbles start to appear all over the surface of the pancakes turn each one over with a spatula. You may need to turn the heat down slightly.
7. Cook for about 30 seconds to a minute and serve onto a plate, pour the berry sauce over the pancakes and add a dollop of double cream.

Toffee apple popcorn

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This recipe requires constant adult supervision as the toffee sauce gets very hot.

Ingredients

4 tablespoons of popcorn kernels

2 tablespoons vegetable oil

Toffee apple sauce

50 grams golden castor sugar

25 grams unsalted butter

1 large or 2 small eating apples ('lobos' or similar) peeled, cored and diced

Method

Toffee apple sauce

1. In a small saucepan melt the butter on a low to medium heat.
2. Add the golden caster sugar and wait until the sugar dissolves, gently swirl the pan until the mixture starts to bubble.
3. Keep watching the sauce as it can caramelize very quickly. Turn the heat down and stir with a wooden spoon. If the sauce 'splits' do not worry just keep stirring and it will eventually amalgamate. The sauce is ready as soon as it turns golden brown. If the sauce goes too dark it will taste bitter.
4. Remove the pan from the heat and add the chopped apple pieces, be careful as it will bubble and spit slightly as the sauce will be very hot and it will cook the apple almost instantly. Stir the sauce for about a minute and leave to one side to cool slightly.

Popcorn

1. In a medium sized heat the vegetable oil on medium to high heat for about 30 seconds.
2. Add the popcorn and swirl the pan. Turn the heat down slightly and place a tight fitting lid on the saucepan. When the popcorn kernels start to pop give the pan a couple of shakes every now and then until the popping stops.
3. Using a large metal spoon scoop the popped corn into a large bowl.
4. Drizzle the slightly cooled toffee apple sauce over the popcorn and stir until the popcorn is evenly coated.

Apple cupcakes

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Makes 12 regular sized cupcakes

Ingredients for cupcakes

115 grams self raising flour
110 grams golden caster sugar
115 grams unsalted butter (room temp)
2 large free range egg (lightly beaten)
1 large or 2 small eating apples (peeled and diced)
Splosh of pressed apple juice
1-2 teaspoons golden caster sugar to taste
A few drops of Madagascan vanilla extract (optional)

Ingredients for butter cream frosting

90 grams unsalted butter
220-240 grams of sifted icing sugar (add more if required)
1-2 tablespoons Lathcoats apple juice or milk
Large pinch of ground cinnamon
Dried cranberries and sprinkles to decorate

A Bun tin lined with 12 paper cases

Pre-heat oven to gas mark 3-4 (170-190) or 150-170 fan assist

Method

Cupcakes

1. In a small saucepan put diced apples, 1-2 teaspoons sugar (to taste) and a splosh of pressed apple juice. Cover and cook gently until the apples are very slightly soft. Strain the apples whilst reserving the liquid and leave to cool.
2. Cream sugar, butter and vanilla extract until light and fluffy.
3. Gently stir in the egg adding a little at a time.
4. Gradually fold in the sifted flour until thoroughly combined.
5. Fold in cooled apples.
6. If the mixture is a little stiff you can add a little milk to achieve a very slight dropping consistency.
7. Spoon the mixture into cupcake cases until about three-quarters full.
8. Bake in the centre of the oven for about 10-15 minutes or until golden.
9. Remove from oven and leave to cool for a few minutes then place the cupcakes on wire tray.

Butter cream frosting

1. In a separate bowl cream butter with a wooden spoon and gradually add the icing sugar. Continue to beat and add 1-2 tablespoons of apple juice (or milk) and a pinch of cinnamon. You may need to add extra icing sugar until the butter cream frosting becomes nice and smooth.
2. Spoon or pipe the butter cream frosting onto cooled cupcakes and decorate with dried cranberries and sprinkles.

