



An apple a day keeps the doctor away, but not when you turn it into cakes and puddings, mind

APPLE, CHERRY AND HAZELNUT PIE

Serves: **8** Prep time: **15 mins** Cooking time: **30 mins** Price per person: **54p**

Per person: **420 cal;** **37g fat**

YOU WILL NEED

- > **500g/17 ½ oz shortcrust pastry**
- > **4 Pink Lady apples** *Z*
- > **1 ½ tbsp calvados**
- > **Grated zest of ½ lemon**
- > **95g/3 ¾ oz dried cherries, soaked in boiling water for 15 mins and drained**
- > **175g/6oz hazelnuts, toasted and roughly chopped**
- > **2 tbsp flaked almonds**
- > **½ tsp ground cinnamon**
- > **½ tsp ground ginger**
- > **Ground seeds from 3 cardamom pods**

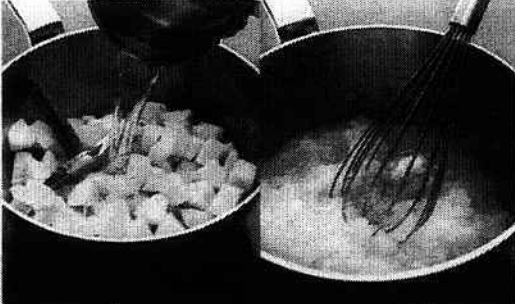
METHOD

- 1 Divide pastry into 2/3 and 1/3 pieces. On a floured surface, roll out the larger piece and use it to line the bottom and sides of a 22-23cm spring-form cake tin. Put tin in the fridge.
- 2 Roll the other piece of pastry into a circle just slightly larger than the cake tin. Put that on a floured metal sheet and let that chill too.
- 3 To make the filling, peel and grate the apples and mix with all the other ingredients. Pile into the lined cake tin and place the other circle of pastry on top, or cut into 3cm strips and arrange as pictured. Trim any excess pastry from the tin and pinch the edges of the top and sides of the pastry together. If using a solid pastry lid, put two incisions into the middle of the pastry top so that the steam can escape when cooking.
- 4 Put on the baking sheet in the oven and cook for 30 mins. Let the pie cool in the tin then carefully remove. Sift icing sugar and scatter poppy seeds over the top, if desired. Serve with whipped cream.

APPLE TIPS

- Pair apples with blueberries in crumble. Use Bramley, Granny Smith or Golden Delicious.
- Buy firm, smooth and shiny-skinned apples that feel heavy for their size. Apples should have the stalks intact, as it means they've been picked properly and not tampered with. Look for dry, tight skin as well.
- Apples store well at room temp, but will maintain their crisp texture for longer if stored in a ventilated plastic bag in the fridge, where they'll keep for up to a week.

Words: Dan Lloyd.



CLASSIC APPLE SAUCE

This is chef Michel Roux's apple sauce from his new book, *Sauces by Quadrille*, (RRP £14.99). Serve with roast pork.

YOU WILL NEED

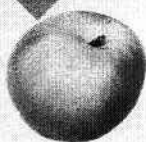
- > 500g dessert apples (cox's)
- > 20g caster sugar
- > Juice of ½ lemon
- > ½ cinnamon stick, or pinch of ground cinnamon
- > 30g butter
- > Pinch of salt

METHOD

Peel, core and finely dice the apples. Place in a heavy-based saucepan with 150ml of water, the sugar, lemon juice and cinnamon. Bring to simmer over a medium heat, cover and cook for about 15 mins until apples are tender. Discard cinnamon stick. Take pan off heat, and using a small whisk add butter and salt to make a small compote. If sauce seems too thick, add 1-2 tbsp of water to thin slightly.

eating

KNOW YOUR APPLES
Which type should be in your shopping bag?



BRAEBURN
Best on its own. But due to its subtly sweet flavour, it'll also work chopped and in salads.



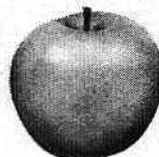
PINK LADY

These keep their flavour, colour and shape when cooking. Ideal for baking as they're naturally sweet, so require less added sugar when cooking.



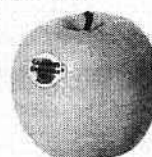
COX'S ORANGE PIPPIN

An all-rounder. This firm, small greenish-yellow apple is tasty on its own or for baking.



GRANNY SMITH

These tart apples are good for sauces and purées as the flesh goes mushy when cooked for a short time.



GOLDEN DELICIOUS
Use for tarte tatin and pies.

Extracts from *Cooking From The Market: Fruit* (£9.99, Murdoch Books). Get more recipes at: www.pinkladyapples.co.uk