



Baked Apples

(serves 6)



INGREDIENTS

- 6 large good baking apples, such as, MacIntosh or Jonagold
- 80 ml brown sugar
- 8 ml cinnamon
- 80 ml chopped pecans or other nut (optional)
- 80 ml currants or chopped raisins
- 15 ml butter
- 180 ml boiling water

METHOD



1 Preheat oven to 375°F. Wash apples. Remove cores to 1/2 inch of the bottom of the apples. It helps if you have an [apple corer](#), but if not, you can use a paring knife to cut out first the stem area, and then the core. Use a spoon to dig out the seeds. Make the holes about 3/4-inch to an inch wide.

2 In a small bowl, combine the sugar, cinnamon, currants/raisins, and nuts. Place apples in a 8-inch-by-8-inch square baking pan, lined with parchment paper. Stuff each apple with this mixture. Top with a dot of butter (3 ml of butter approximately).

3 Add boiling water to the baking pan. Bake 30-40 minutes, until tender, but not mushy. Remove from the oven and baste the apples several times with the pan juices. Or Microwave for 10 minutes, check and put back in if more time is needed.

Single serving recipe

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| 1 apple | 10 ml of raisins and nuts |
| 10 ml brown sugar | 3 ml butter |
| 2 ml cinnamon | 30 ml boiling water. |

Follow method listed above but reduce time in microwave to 5 minutes.