

APPLE SNOW



This is a light dessert recipe which uses up windfall apples. Cooking apples are available from the veg van at all times of year, but in autumn they are usually abundant in hedgerows and gardens.

Note: the recipe contains raw egg

Serves 4

Ingredients

500g (peeled weight) cooking apples, peeled, cored and cut into chunks

Around 1 tbsp caster sugar (or to taste)

2 eggs, separated

Lemon zest

Mint sprigs or whipped cream to decorate (optional)

Method

Put the apples in a pan with a little water and the lemon zest. Cook over a gentle heat until soft and fluffy. Add sugar to taste.

Beat in the egg yolks, using a wooden spoon, keeping the heat low, but enough to cook the egg. Leave the mixture aside to cool.

Whisk the egg whites to a stiff peak consistency. Fold into the apple mixture using a metal spoon.

Spoon the mixture into pretty glass dishes and decorate with whipped cream or mint sprigs. Chill until required.

