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This recipe can

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be found on our

lamorindaweekly. com. If you would

like to share your

favorite recipe with Susie please contact her by

email or call our office at (925) 377-0977.

gmail.com.

## Delicious apple dessert just right for fall

www.lamorindaweekly.com

By Susie Iventosch



Baked apples with raisins, nuts and spice.

pples are especially wonder- they tend to fall apart when baked. Aful this time of year with so The Braeburn, Honeycrisp or Gala many different varieties available apples all hold their shape really in the markets. When baked with well and are also delicious raw or spices, they make an excellent cooked. These can be served warm fall dessert that is nice and light. or at room temperature and a scoop We've made these with several dif- of your favorite frozen yogurt or ferent kinds of apples, and while ice cream adds a nice touch! I love Fuji apples for eating raw,

Ragout is a French term and is a type of seasoned stew that's made with

from the French verb "ragouter" which means to stimulate the appetite.

vegetables and small pieces of meat, fish or poultry. The term derives

#### Photo Susie Iventosch

**Cooking Term of the Week** 

### **Baked Apples with Raisins, Nuts and Spice**

(Serves 6)

**INGREDIENTS** 

- 6 apples (use good baking apples such as Gala, Braeburn or Honeycrisp)

- 1/2 cup walnuts and pecans coarsely chopped 1/2 cup brown sugar
- 1 tsp. cinnamon
- 1/4 tsp. cardamom
- 2 Tbsp. butter 1/4 cup water

#### **Topping**

- 4 Tbsp. butter
- 1/2 cup brown sugar
- Tops from apples, chopped
- 1/2 cup coarsely chopped pecans and walnuts
- Liquid from cooked apples

Vanilla or Caramel Praline ice cream or frozen yogurt

#### **DIRECTIONS**

Cut the tops off the apples and save for later. With a knife, coring tool or grapefruit spoon, scoop out the core leaving the very bottom of it in tact. Place apples right side up in a casserole dish.

Mix raisins, nuts, brown sugar and spices in a bowl. Fill the cavity of each apple with this mixture. Place a small piece of butter on top of the filling in each apple. Pour water in the bottom of the pan around the apples and cover with foil. Bake at 350 F for 30 minutes and then remove foil. Continue to bake, uncovered, for another 10 minutes or until a knife easily pierces the apple, but the apple is not mushy. Remove apples from oven and reserve liquid for the sauce.

Meanwhile, melt butter in a skillet over medium low heat and stir in brown sugar. Add cooking liquid from apples and bring to a boil. Reduce heat and simmer until volume is reduced by half and sauce becomes syrupy. Add nuts.

To serve, place a scoop of ice cream or yogurt over apple and drizzle sauce over all.



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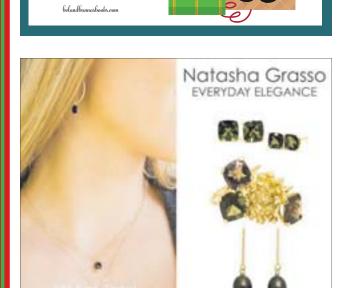
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