



Apple Harvest by Hazel Foster

September is harvest time...festivals are held to celebrate what's grown on the land and it's a very important time of year for you wine lovers! But with so many apple producers on our doorstep in Deux-Sèvres, I thought that some apple recipes might be useful. Enjoy!

Apple Samosas

- 2 apples, peeled, cored and chopped
- 50g caster sugar
- 1 tsp ground mixed spice or cinnamon
- 50g sultanas
- 4 sheets filo pastry
- 25g butter, melted

Heat oven to 200°C/180°C fan/gas 6. Place the apples, sugar, mixed spice and sultanas in a saucepan with 2 tbsp water and cook, covered, for 6 mins or until the apples are soft, stirring once or twice. Tip into a shallow dish and spread out to cool slightly.

Cut the sheets of filo in thirds lengthways, then brush lightly with the melted butter. Place a spoonful of the apple filling at the top of each strip, then fold over and over to form triangular parcels. Place on a baking sheet and bake for 15-20 mins until crisp and golden.

Apple and Mint Granita

- 250ml clear apple juice
- 1 tbsp lemon juice
- 100g caster sugar
- 1 tsp finely sliced mint leaves

Place the apple juice, lemon juice and sugar in a medium saucepan and stir until the sugar dissolves. Set aside to cool. Stir in the mint leaves and place in a metal container and freeze for at least 4 hours or until set. Scrape with a fork to serve.

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Apple and Blackberry Cake

- 125g butter, softened
- 125g caster sugar
- 3 large eggs, beaten
- 50g ground almonds
- 100g self-raising flour
- 2 apples, peeled and cored, each cut into segments
- 100g blackberries
- Topping:
- 1 large pinch cinnamon
- 2 tbsp brown sugar
- 25g butter, cut into small pieces
- 25g peeled and toasted hazelnuts, roughly chopped
- icing sugar, for dusting

Heat oven to 160°C/140°C fan/gas 3. Butter a 22cm round loose-bottomed cake tin and line the base with baking paper. Beat the butter and caster sugar together in a large bowl until it is light and fluffy. Gradually add the eggs, a little at a time, then fold in the ground almonds and flour.

Add two-thirds of the apples to the cake mixture and all the blackberries. Turn the mixture into the prepared tin and smooth it out evenly. Scatter the remaining apples over the surface of the cake. For the topping, sprinkle over the cinnamon, brown sugar and butter. Bake for 50-55 mins or until a skewer comes out clean. Remove the cake from the oven and scatter on the toasted hazelnuts. When the cake is cool, dust lightly with icing sugar.



Apple Sauce (great to freeze)

- 450g apples, peeled, cored and chopped
- 1 lemon, zest only
- 4 tbsp water
- 30g butter
- 2 tsp caster sugar

Put the apples in a saucepan with the lemon zest and water. Cover and cook over a low heat until they are soft and mushy. Take off the heat and beat in the butter and the sugar.