



Many Ways Poached Apple Recipes

*Easy yet impressive
from Helen Huber*

Ingredients:

- Cooking apples such as Fuji, Cortland, Jonathan, Gala or your local favorite, peeled, with the stem on (which makes it easier to turn when it cooks).
- Liquid:
 - Wine is both pretty and delicious. I like a fruity red, or rose, which makes the apples a pretty color although whites or even orange wines are good plus $\frac{1}{2}$ to $\frac{3}{4}$ cup sugar
 - (Alcohol-free and child-friendly) Spiced cinnamon cider (or juice) -- Add 1 stick of cinnamon and a $\frac{1}{2}$ " piece of fresh ginger to enough cider to come half-way up the apples in a saucepan
 - Syrup -- any combination that makes 1 cup of sweetener; white or brown sugar, half honey or maple syrup and sugar, 3 cups water, zest (peel without the white pith) of an orange and lemon peeled into long curling strands, one stick cinnamon, and either a vanilla bean, sliced in half and scraped into the syrup or a teaspoon of vanilla extract

Procedure:

- Put the liquid, sweetener and any spices or flavorings you're using into a pan large enough to half cover the apples with liquid.
- Bring the liquid to a boil, then reduce the heat to a simmer for 30 minutes, gently turning the apples by their handy stem and pouring liquid over them as they gently cook.
- After 30 minutes, gently remove the apples to a plate, and simmer the liquid for another 10-15 minutes until it is the right kind of syrupy consistency. You'll know. Or 15 minutes will go by.
- If you're serving them immediately, return the apples to the poaching liquid, heat gently and pour some poaching liquid into a pretty dish. Add the apples. Ice cream or whipped cream are unnecessary but some people like that sort of adornment.
- If you are going to serve the apples any time in the next five days, place the apples and liquid in a sealed container and chill until ready to serve.

Note: This is a great make-ahead dessert, sure to impress guests, someday, when guests are possible. In the meantime, practice with apples and pears.