Baked apples

Whole apples, cored and part-peeled, filled with honey, spice and raisins and baked with water in the dish.

Makes
6 servings, one apple each

Cooking time
about 45 to 60 minutes

Kind
Baked and stewed apples

From
United States

Source
Apples in Appealing Ways (Home and Garden Bulletin No. 161), April 1969

Allergens

Contains
milk: butter
Check the label for
sulphites: raisins

Suits vegetarians.

Worked out from the ingredients as written. Products differ, so read their labels. How allergens are worked out

Ingredients

- [ ] 6 baking apples
  In the source: “6 baking apples (See table, p. 4.)”
- [ ] 170 g honey
  In the source: “½ cup honey or sugar”
- [ ] 75 g raisins (optional)
  In the source: “½ cup raisins, if desired”
- [ ] ½ teaspoon ground cinnamon
- [ ] ½ teaspoon grated nutmeg
- [ ] 1 tablespoon butter
  In the source: “1 tablespoon butter or margarine”
- [ ] 240 ml water

You will need

- a baking dish

Method

1. Core the baking apples without cutting through the bottom end. Peel each about a third of the way down and place them in a baking dish.
2. Mix the honey, the raisins if you are using them, the ground cinnamon and the grated nutmeg. Fill the centres of the apples with the mixture.
3. Dot the filling with the butter and pour the water into the dish.
4. Bake at 190°C (170°C fan), gas mark 5 for about 45 to 60 minutes, until the apples are tender. If they seem dry, baste them often with the liquid in the dish.

Notes

- The source allows the same measure of sugar in place of the honey: 100 g.[1]
- After baking, the source suggests topping each apple with a marshmallow and returning it to the oven until the marshmallow is lightly browned, or topping it with cream cheese softened with cream or milk

and beaten until fluffy.[1]

- For the source's pineapple- or cranberry-baked apples, leave out the filling and fill the apples with canned crushed pineapple or whole cranberry sauce instead; top each apple with 1 teaspoon of sugar and dot it with butter or margarine.[1]

The apples

The source asks for baking apples and points to its table of varieties, which marks Northern Spy, Rome Beauty, Stayman, Winesap and York Imperial for baking whole. It says that apples which keep their shape are best for baking whole, and one of its captions reads: "Tart, firm Rome Beauty is a classic choice for dishes such as baked apples that call for apples that retain their shape when cooked."[1]

Varieties the sources name:

Rome Beauty (North America) Northern Spy (North America) Stayman (North America) Winesap (North America) York Imperial (North America)

This recipe

It follows Apples in Appealing Ways (Home and Garden Bulletin No. 161). The source uses American measures (cups, spoons, pints and pounds); the metric amounts are this site's conversions. This site has no kitchen and has not cooked the recipe.

What was changed: The source allows honey or sugar; we give honey, the first it names, and note the sugar. It allows butter or margarine; we give butter. The metric quantities are our conversions of the source's cups.

How the recipes are chosen and converted

Sources

1. Apples in Appealing Ways (Home and Garden Bulletin No. 161) (https://www.gutenberg.org/ebooks/62284), Human Nutrition Research Division, Agricultural Research Service, United States Department of Agriculture; Project Gutenberg, April 1969.
2. Directions for Cookery, in its Various Branches (tenth edition) (https://www.gutenberg.org/ebooks/9624), Eliza Leslie; Project Gutenberg, 1840.

From The World of Apples, apple.io/recipes/baked-apples/