Bratapfel

Tart red apples stuffed with marzipan, toasted nuts, orange zest and cinnamon, baked, and eaten warm with vanilla sauce.

Makes
4 servings, one apple each

Cooking time
15 to 25 minutes

Kind
Baked and stewed apples

From
Germany

Source
Bratapfel mit Marzipan und Vanillesoße, Theresa Knipschild; WDR (Westdeutscher Rundfunk), 4 December 2024

Called
German: *Bratapfel* (baked apple)

Allergens

Contains

milk: butter, milk, whipping cream
egg: egg yolks
tree nuts (almonds and hazelnuts): marzipan, hazelnuts, almonds

Check the label for

sulphites: raisins

Suits vegetarians. Contains alcohol.

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

Ingredients

For the apples

- [ ] 4 tart apples
  red ones
- [ ] 2¾ ounces marzipan
  raw marzipan paste
- [ ] ¾ cup hazelnuts, chopped
- [ ] ⅞ cup almonds, slivered
- [ ] 4¼ tablespoons butter
- [ ] 1 teaspoon ground cinnamon
- [ ] 1 orange, organic
  for its juice, and the zest of half of it
- [ ] 2 tablespoons raisins (optional)
- [ ] 2¾ tablespoons rum (optional)

For the vanilla sauce

- [ ] 1 cup milk
- [ ] 1 cup whipping cream
- [ ] ¼ cup sugar
- [ ] 2 egg yolks
- [ ] 1¼ tablespoons cornstarch
- [ ] 1 vanilla bean
  or as much vanilla as you like
- [ ] 3 pinches salt

You will need

- an apple corer
- a frying pan
- an ovenproof dish, or a baking tray and baking paper
- a saucepan, a bowl and a sieve

Method

The apples

1. ☐ Grate the zest from half of the orange and keep it for the filling. Squeeze the juice of the whole orange.
2. ☐ Wash the tart apples. Slice a lid off the top of each one and keep the lids.
3. ☐ Hollow out each apple with the corer, keeping a wall of flesh about ¾ inch thick. Stop before you reach the base: the hollow must stay closed underneath to hold the filling.
4. ☐ Sprinkle a little of the orange juice over the cut flesh to stop it browning. An apple that wobbles needs its base trimmed flat.
5. ☐ Pull the marzipan apart into small pieces.
6. ☐ Toast the hazelnuts and almonds in a dry frying pan. Once they are toasted, the butter goes in with them, just long enough to soften and begin to melt.
7. ☐ Tip the nuts and butter into a bowl with the marzipan, the orange zest and the ground cinnamon, and the raisins and rum if you are using them. Work it all together, with a hand mixer or by hand.
8. ☐ Heat the oven to 400°F.
9. ☐ Stand the apples in an ovenproof dish, or on a baking tray covered with baking paper. Fill them with the nut mixture, pressing it down firmly.
10. ☐ Bake them for 15 to 25 minutes in all, setting the lids back on top after about 12 minutes.
11. ☐ Bring the apples to the table warm, with the vanilla sauce.

The vanilla sauce

12. ☐ Have a sieve ready. In a bowl, mix the cornstarch with a little of the cold milk until it is smooth, with no lumps left, and stir the egg yolks into it.
13. ☐ Split the vanilla bean and scrape out the seeds. Put them in a saucepan with the whipping cream, the milk that is left, the sugar and the salt, and heat until it boils.
14. ☐ Whisk some of the hot mixture into the cornflour and yolks, then pour it all back into the pan.
15. ☐ Let the sauce boil for about half a minute, stirring all the time.
16. ☐ For a creamier sauce, rub it through the sieve.

Notes

- The source allows vanilla extract instead of the vanilla pod.[1]

The apples

The source asks for four red, tart apples, such as Jonagold, Cox Orange or Elstar.[1] In 2014, as the press agency dpa reported, the consumer information service aid recommended tart apples for baking whole, among them Roter Boskoop, Cox Orange and Gravensteiner.[5]

Varieties the sources name:

Jonagold (western Europe) Cox's Orange Pippin (England and Wales) Elstar (the Netherlands and Germany) Gravenstein (Denmark and northern Germany)

This recipe

It follows Bratapfel mit Marzipan und Vanillesoße. The source uses metric measures; the US amounts are this site's conversions. This site has no kitchen and has not cooked the recipe.

What was changed: The source gives the oven as 180 °C with the fan on; we give the conventional setting, 200 °C, from which the site works out the fan setting again. It leaves the vanilla to taste, giving one pod as an example, and allows vanilla extract instead; we list one pod and give the extract as a note. It uses the seeds of the vanilla, and we say to split the pod to get them. The American amounts are our conversions: it weighs the milk and cream for the sauce in grams, and we give them in cups. The source ends with a tip for using the egg whites left over, which we leave out. The steps are in our own words.

How the recipes are chosen and converted

Sources

1. Bratapfel mit Marzipan und Vanillesoße (https://www1.wdr.de/verbraucher/rezepte/bratapfel-mit-vanillesosse-100.html), Theresa Knipschild; WDR (Westdeutscher Rundfunk), 4 December 2024.
2. Bratapfel (https://www.dwds.de/wb/Bratapfel), DWDS, Digitales Wörterbuch der deutschen Sprache, Berlin-Brandenburgische Akademie der Wissenschaften, 2020.
3. Knecht Ruprecht (https://de.wikisource.org/wiki/Knecht_Ruprecht), Theodor Storm, Gedichte, eighth edition, Gebrüder Paetel, Berlin, pages 143 and 144; Wikisource, 1889 (written 1862).
4. Nüsse zu Nikolaus: Was feiert man am Nikolaustag? (https://www.ardalpha.de/wissen/gesundheit/ernaehrung/warum-feiern-wir-den-nikolaustag-heiliger-nikolaus-legende-nikolausstiefel-brauchtum-myra-100.html), ARD alpha, Bayerischer Rundfunk, 10 November 2024.
5. Für Bratäpfel säuerliche Sorten wie Roter Boskoop nehmen (https://www.sueddeutsche.de/wirtschaft/ernaehrung-fuer-brataepfel-saeuerliche-sorten-wie-roter-boskoop-nehmen-dpa.urn-newsml-dpa-com-20090101-141120-99-02722), dpa (Deutsche Presse-Agentur), in the Süddeutsche Zeitung, 20 November 2014.
6. The Art of German Cooking and Baking (revised and enlarged edition) (https://archive.org/details/cu31924003575432), Lina Meier, Milwaukee; the Cornell University Library copy at the Internet Archive, 1922.

From The World of Apples, apple.io/recipes/bratapfel/