



APPLE BREAD

Dough

1 lb/ 450g Flour (half white and half brown works well)
2oz/60g butter
2oz/60g sugar
1 oz/30g fresh yeast (if using dried check equivalent on packet)
1 egg
½ pt / 280ml milk

Topping

6- 8 large cooking apples
Either 1 jar of crab apple jelly
or 2 teaspoons ground cinnamon mixed with 2 tablespoons brown sugar

For yeast cookery keep everything warm. Put flour in a large warm basin. Warm milk and butter to blood heat, add beaten egg. Mash yeast with a teaspoon of sugar until liquid and add to milk, butter and egg mixture. Add sugar to flour and add the liquid. Mix to dough and kneed for several minutes to make soft elastic dough. Put to rise in warm place but not hot. When the dough has doubled remove from basin and kneed again.

Divide dough into 2. Roll out each piece like pastry. Place in shallow buttered pans e.g. swiss roll tins.

For the topping, peel and core the apples, slice thinly and arrange in rows on the dough.

Warm the crab apple jelly and brush it over the apples or if using sugar and cinnamon – sprinkle this over the apples. Alternatively brush the apples with warmed orange marmalade. The dough will be rising as the apples slices are arranged.

Bake in a fairly hot oven (gas mark 6) for about 40 minutes. When the edges of the bread are crisp and the base slightly brown it is ready. Serve with yoghurt/crème fraiche.



CRAB APPLE JELLY, BUTTER AND CHEESE

All three of these can be made from the same lot of fruit. First the jelly from the clear amber juice and then the pink pulp that remains is used for a fruit butter and a fruit cheese. Always use heavy bottomed pans and stir carefully. Sterilise jars in oven.

Wash apples, chop roughly, cover with water, cook until soft. Strain through a jelly bag or piece of muslin tied to legs of an upturned chair. Leave overnight. Next morning there should be amber liquid in the bowl and pink pulp in the jelly bag.

JELLY For each litre of juice add 1kg sugar, boil to set, pot and seal.

BUTTER and CHEESE. Put the pink pulp into a pan with an equal quantity of water. Boil up, sieve until only pips and skin remain. Use puree for butter and cheese.

BUTTER – for each kg puree add $\frac{3}{4}$ kg brown sugar, 50 mls cider vinegar and 200 mls dry cider, 1 tsp ground cinnamon, 1 tsp allspice and a good pinch of cloves. Boil until like thick cream. Pot and seal. Eat within 2 – 3 months with cheese or cold meat.

CHEESE – for each kg puree add 1 kg of sugar. Boil until there is a firm set. Oil straight sided jars. Pot and seal. Keep for several months at least. For Victorian Sweet Hedgehog, slide out, stick with almonds, and add cream.