



Mangia Bene E Vivi Bene!

By FRANK ZEOLI



Baked Apples



This time of the year is filled with apples. Apple pie, Apple crisp, and my favorite Baked Apples. As a kid, I always looked forward to apple picking with my sister and cousins to fill bags as much as possible. Even a few got stuffed into our pockets so we could get that one last apple.

Once we got home, I looked forward to my grandmother making baked apples. It was an easy recipe, but I thought only she could make them. The kitchen was filled with the smells of sugar and spice, and everything nice. Over the years, I added some ingredients, like sweet sherry and sometimes raisins, to make the dish even sweeter.



INSTRUCTIONS

1. Preheat your oven to 375°F. Lightly grease a baking dish just big enough to hold the apples.
2. Prepare the apples by washing them and removing the core using an apple corer or a paring knife. Place the apples upright in the prepared baking dish.
3. Mix the brown sugar, cinnamon, and nutmeg in a small bowl. Stuff each cored apple cavity with the sugar mixture. Sprinkle the remaining sugar-spice mixture over the tops of the apples and dot each one with a cube of butter.
4. Pour the cream sherry over the apples and add the water to the bottom of the baking dish.
5. Bake for 35–45 minutes, or until the apples are tender when pierced with a knife. Baste the apples occasionally with the pan juices as they cook.
6. Remove the apples from the oven and let them cool slightly. Serve the warm baked apples with a drizzle of sherry sauce on the bottom of the pan and some vanilla ice cream or whipped cream.

PREP TIME: 10 MINUTES | COOKING TIME: 45 MINUTES

INGREDIENTS

- 6 Honey Crisp or Jonah Gold Apples
- ½ cup of brown sugar
- 3 teaspoons of cinnamon and sugar mixture *
- ½ stick of butter (cut into cubes)
- ¼ teaspoon of nutmeg
- ¼ cup of cream sherry
- 2 oz of water

* To make the cinnamon-sugar mixture, the ratio is 1 part cinnamon to 4 parts sugar, so about two tablespoons of cinnamon for ½ cup of sugar.

Look for more recipes in the next edition of the SIAMO QUI

