

Recipe 1394

Ingredients

About 3 dozen good boiling apples, 1/2 lb. of sugar, 1/2 pint of water, the rind of 1/2 lemon minced very fine, the whites of 2 eggs, 3 tablespoonfuls of pounded sugar, a few sweet almonds.

Method

Peel and core a dozen of the apples without dividing them, and stew them very gently in a lined saucepan with 1/2 lb. of sugar and 1/2 pint of water, and when tender, lift them carefully on to a dish. Have ready the remainder of the apples pared, cored, and cut into thin slices; put them into the same syrup with the lemon-peel, and boil gently until they are reduced to a marmalade: they must be kept stirred, to prevent them from burning. Cover the bottom of a dish with some of the marmalade, and over that a layer of the stewed apples, in the insides of which, and between each, place some of the marmalade; then place another layer of apples, and fill up the cavities with marmalade as before, forming the whole into a raised oval shape. Whip the whites of the eggs to a stiff froth, mix with them the pounded sugar, and cover the apples very smoothly all over with the icing; blanch and cut each almond into 4 or 5 strips; place these strips at equal distances over the icing sticking up; strew over a little rough pounded sugar, and place the dish in a very slow oven, to colour the almonds, and for the apples to get warm through. This entremets may also be served cold, and makes a pretty supper-dish.

Source: Mrs Beeton's Book of Household Management (1861)

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