

CINNAMON SHORTBREAD WITH CARMELISED POACHED APPLE



0 made it | 0 reviews



Benjamin McManus



Volker Marecek

- Sub Category Name
Food
Savory
- Recipe Source Name
Real High Tea 2014/15 Volume 2

Ingredients

CINNAMON SHORTBREAD WITH CARMELISED POACHED APPLE

Short Bread Cinnamon

- 180g butter
- 80g flour
- 45g eggs
- 50g almonds, ground
- 50g sugar
- Salt
- Cinnamon
- 200g flour

Almond Cream



- 100g sugar
- 100g butter
- 100g almond, ground
- 100g eggs
- Lemon zest

Poached Apples

- 125g sugar
- 750ml water
- 1 vanilla pod
- 1 cinnamon stick
- 2 Green Granny Smith apples

Methods and Directions

CINNAMON SHORTBREAD WITH CARAMELISED POACHED APPLE **Short Bread Cinnamon**

- Crumble butter, flour, almonds, sugar and cinnamon together.
- Add the eggs at the end. Rest and roll out.
- Put the almond cream on and bake altogether at 180C for 20 minutes.

Almond Cream

- Whip sugar and butter until pale.
- Add the eggs one by one and then the ground almonds at the end.

Poached Apples

- Combine sugar, water, vanilla and cinnamon. Bring to a boil. Peel apples and scoop with a Parisian spoon. Pour hot liquid over apples and vacuum pack. Rest overnight.
- Melt some red sugar and dip the apples into the liquid sugar. Leave to set.
- Arrange on top of the shortbread. Garnish with chocolate garnish.