

ORGANIC BC CIDER POACHED APPLES WITH TOASTED WALNUTS



INGREDIENTS

4 ¼ cups	BC Sweet Apple Cider	1 litre
1/2 cup	Brown Sugar, packed	125 ml
2 inch piece	BC Ginger, peeled	5 cm piece
1 tbsp	Vanilla	15 ml
2	Cinnamon Sticks	2
1	Lemon	1
4 large	BC Apples	4 large
1/2 cup	BC Walnuts, sliced	125 ml
2 cups	BC Vanilla Ice Cream	500ml



DIRECTIONS

1. Place first 5 ingredients in a large pot on the stovetop.
2. Cut the lemon in half. Squeeze the juice of one half lemon in the pot. Place the other half of the lemon in the fridge for other recipes uses.
3. Bring the cider mixture to a boil and reduce to a simmer.
4. Meanwhile, peel, half, and core the BC Apples.
5. Place apples gently into simmering liquid. Cover with a lid and poach for 3 minutes.
6. Turn the floating apples over and continue to simmer for another 3 minutes or until a knife can pierce apples with little resistance.
7. Remove the poached apples from the liquid to a plate and reserve.
8. In a dry pan, place walnuts and carefully toast over medium high heat (careful, they can burn very easily). Keep flipping and moving the walnuts until you smell a nice toasted walnut aroma. Remove the walnuts to a plate to cool.

9. Plate the apple with a ladle-full of the braising liquid and toasted walnuts.
10. Enjoy with a ½ cup (125ml) scoop of BC Vanilla Ice Cream on each apple (or be creative with other garnishes such as whipped cream, chocolate sauce, or caramel sauce).



CHEF'S TIP

Look for organic products certified under the Canada Organic Regime or the BC Certified Organic Program. Visit www.organicbc.org to find a directory of BC organic food, farms, and businesses.