

Caramelized Apple Dessert

Category: Dessert

Servings: 10

Rating: 10

Source: Marie Moran

Description:

Please note that this dessert needs to be started the day before it is served.

Ingredients:

Apple	8 large Granny Smith
Sugar	1 1/2 cups
Orange zest	long thin zests from 3 oranges

Instructions:

Melt 1 cup of the sugar in a pan over medium heat till golden brown. Do not stir very much. Just let it caramelize. Pour this into a 9" x 5" loaf pan so that it coats the bottom of the pan.

Bring orange zest to a boil and let boil one minute. Drain. Refresh with cold water and drain again.

Peel, core and slice apples about 1/8" thick. (Use Cuisinart slicer.) Carefully arrange two layers of apples in the pan and press on them. Sprinkle with some of the remaining sugar and some of the zest. Continue to do this every two or three layers till all is used. The apples should rise two or three inches above the pan. Wrap with plastic wrap and then with foil and refrigerate overnight. Remove the wrapping and drain the apples of liquid. (Expect about 1/2 cup of liquid.) Wrap the pan in a double layer of foil, place in a bain-marie and bake at 300.

(The original recipe said to bake for 5 hours but Marie only baked it for 3. A thin knife should be able to pierce the apples, but you don't want apple sauce!)

Unmold and serve with crème fraiche or whipped cream.