

Apollo Scouts Monday 12 September 2011

Sautéed Apples and vanilla ice cream

Ingredients

Per Patrol (assumes 5 scouts per patrol)

5 apples

Handful of sultanas (100 – 200g)

4 table spoons of butter (or margarine)

2-3 tablespoons brown sugar

Pinch of cinnamon



Preparation

Peel apples if preferred

Half and slice apples about 5 - 6mm thick or as preferred

In a frying pan (or wok), melt the butter on a gentle heat.

Add the apple slices and sultanas and cook over moderate heat, stirring occasionally, until lightly browned in spots, about 5 minutes.

Stir in the sugar and cinnamon, reduce the heat to low and cook, stirring occasionally, until softened and lightly caramelised, about 10 minutes longer.

Serve warm with 1 - 2 scoop of vanilla cream.

Enjoy

Ingredients shopping list

25 – 30 apples (1 per scout)

Bag of sultanas (optional)

Tub 1kg of butter or margarine

Bag brown sugar 1Kg

Small pot cinnamon

4 litres?? (Is that too much) vanilla ice cream