



# Poached Apples, Candied Walnuts and Ice Cream

## Ingredients

750ml Welsh Farmhouse Sweet  
Apple Juice  
150g Soft Light Brown Sugar  
1 x Cinnamon Stick  
1 x Star Anise  
6 x Eating Apples

1 x Egg White  
50g Granulated Sugar  
150g Walnuts (or nut of choice)  
25g butter  
Tub of luxurious vanilla ice cream

## Method

1. Heat the apple juice, sugar and spices in a pan stirring occasionally until dissolved.
2. Peel and add the apples bringing to a boil and then simmering for 20 minutes.
3. Take off the heat and let the apples cool in the liquid.
4. Immediately pre-heat the oven to 190C.
5. To make the candied walnuts, whisk the egg white for a minute or until frothy, gently fold in the granulated sugar, hazelnuts, most of the butter and a pinch of salt.
6. Lightly grease a baking sheet with the leftover butter, then spread over the mixture. Bake for 5-7 minutes until golden. Be careful as the pieces can burn quickly.
7. Let it cool before breaking it up into little pieces.
8. Serve your apples with a little of the liquid, sprinkle over some walnuts and serve with a big dollop of ice cream. Add some toffee sauce if you fancy!