

INSIDE OUT CARAMEL APPLE SLICES

INGREDIENTS

3 large Granny Smith or Pink Lady apples*
1 large lemon
2 cups brown sugar
1/2 cup heavy cream
2 tablespoons butter
2 tablespoons light corn syrup (alternatively, maple syrup)
1 teaspoon vanilla extract
Chocolate sauce (optional)

DIRECTIONS

Cut your apples in half and use a melon baller to scoop out the insides, leaving the walls intact at about 1/2 to 1/4 inch thickness. Squeeze the juice from the lemon onto the apples and allow to set. This will keep them from turning brown right away.

In a sauce pan over high heat, combine the brown sugar, butter, heavy cream and corn syrup. Stir until the brown sugar has dissolved. Allow to boil, stirring occasionally, until it reaches 230F, about 7-10 minutes. Remove from heat and add the vanilla, stir continually until it stops bubbling. Allow to cool for about 10-15 minutes.

Using a paper towel, wipe your apples down, removing the lemon juice as much as possible. If the inside of your apple is too wet, the caramel wont stick. Pour the caramel into the hollowed out apples until just below the top.

Chill in the refrigerator until the caramel has set, about 20 minutes. Cut into slices** and drizzle with chocolate sauce if desired.

Storage: These don't do well out of the refrigerator for very long. If you must keep them at room temperature, you might consider lying them on their sides, on a piece of parchment or wax paper. They will likely separate somewhat, but still taste good!

*Note: any firm, fairly dry baking apple will do.

** Note: I sprayed my knife with cooking spray (Pam) which helped with the slicing (if you don't have cooking spray, wipe your knife with a bit of vegetable oil). Do NOT use a hot knife.