

Toffee apple recipe

1265.00g / Portions: 8 / Per Portion: 158.12g

<https://www.bbcgoodfood.com/recipes/homemade-toffee-apples> - Nothing beats the crunch of a toffee apple on a crisp autumnal evening, and these taste so much better than shop bought

Ingredients

Item	Qty	Unit
Apple Granny Smith	8	each
Caster Sugar	400	g
Vinegar	1	tsp (5g)
Golden Syrup	4	tbsp (15g)
Total Cost		

Timing

Prep Time:	00:10
Cook Time:	00:10

Allergens

No allergens present
No allergens present



Nutrients	Portion	100g
Energy	266.27kcal	168.40kcal
Salt	0.06g	0.04g
Fat	0.40g	0.25g
Saturated fat	0.10g	0.06g
Carbohydrate	65.79g	41.61g
Sugar	65.79g	41.61g
Protein	0.54g	0.34g
Fibre	1.00g	0.63g

Method

STEP 1

Place the apples in a large bowl, then cover with boiling water (you may have to do this in 2 batches). This will remove the waxy coating and help the caramel to stick. Dry thoroughly and twist off any stalks. Push a wooden skewer or lolly stick into the stalk end of each apple.

STEP 2

Lay out a sheet of baking parchment and place the apples on this, close to your stovetop. Tip the sugar into a pan along with 100ml water and set over a medium heat. Cook for 5 mins until the sugar dissolves, then stir in the vinegar and syrup. Set a sugar thermometer in the pan and boil to 150C or 'hard crack' stage. If you don't have a thermometer you can test the toffee by pouring a little into a bowl of cold water. It should harden instantly and, when removed, be brittle and easy to break. If you can still squish the toffee, continue to boil it.

STEP 3

Working quickly and carefully, dip and twist each apple in the hot toffee until covered, let any excess drip away - this is the time to dip the apple into any toppings you want on it!

STEP 4

Place on the baking parchment to harden. Leave the toffee to cool before eating. Can be made up to 2 days in advance, stored in a dry place.