

## Strictly Supper #5

### Apple Charleston (Apple Charlotte)

Well folks this is the last in our Series of Strictly Suppers and is the dessert course of my Dinner Party #2. I adapted this recipe from James Martin's Apple Charlotte recipes, I've changed the name because it fits with the Strictly Suppers Theme, I strongly advise you [check it out here](#). This recipe made four servings.



### Ingredients

#### For the Charleston

- Two large Green Apples
- 1 Heaped Tsp of Cinnamon
- 1 Generous Knob of Butter
- Soft Brown Sugar to sprinkle\*

- Butter to spread on the bread\*
- Approximately 10 Slices of bread

#### For the Cream

- 150ml of Double Cream
- 1 Vanilla Pod or ½ tsp Vanilla Extract

\* hiding from the picture

#### Also Needed

- 4 Dariole Moulds or Ramekins
- Sauce Pan
- Knife
- Chopping Board,
- Wooden Spoon
- Tea Spoons

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**Method:**

1. Preheat your oven to 220<sup>0</sup>C/425<sup>0</sup>F/Gas 7.
2. Butter the moulds, I used four Dariole Moulds but you can use ramekins, obviously the amount of bread you use varies on the size of your moulds.
3. Sprinkle sugar around the moulds being careful to tap off any excess. Set aside for later.
4. Peel and chop the apples into small bite sized pieces.



5. Place in a sauce pan with the butter and cinnamon, remember to use as much cinnamon or as little as you like.



6. Gently cook the apple, cinnamon and butter in a pan until the apples soften, stirring occasionally. I added some water to the sauce pan as it was a little dry but that's optional. I also changed pans to a bigger one than pictured above.

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7. When soft it should look like the picture below, take off the heat and allow to cool, set aside for later



8. Butter the bread slices with the butter. Cut the crusts off and then cut into strips wide enough to line the sides of your moulds. You will also need to cut circles for the top and bottom.



9. Use the bread to line the bottom, and sides of your moulds, see below:



10. Spoon the apple filling inside and sprinkle with the brown sugar. I didn't have brown sugar so I used granulated, it worked ok but brown would be better for more of a crunch.
11. Bake in the oven for 8-10 minutes, until golden.

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12. Take your vanilla pod, cut the end off and slice down the middle, then scrape all the seeds out. If you have difficulty in getting them out then use vanilla extract.



13. Whisk the vanilla and double cream together until it becomes thick.
14. When ready to serve place a plate on top of your mould and turn upside down, if the Charleston doesn't come out straight away, loosen with a knife. Add a dollop of the cream to the side of the plate, serve warm or cold.

