

All about apples

An apple a day keeps the doctor away...

Apples are a firm favourite in lunch boxes and as a snack across the world. In the UK, apples are one of the nation's best loved fruits. We consume around 122,000 tonnes a year – that is enough to fill 325 Olympic swimming pools!

In this resource we will learn a bit about the origin of apples, how we consume them and there is also a simple tasty recipe.

History

Here in the UK, we are familiar with apple varieties such as Gala, Cox, Braeburn, Golden Delicious and many more. The apple we know today is thought to derive from a wild apple in central Asia thousands of years ago, perhaps as long ago as 10,000 years.

Apples can be grown in your garden, in vast orchards and if stored in the right conditions, can keep without preservatives for months. You can also cook, pickle and preserve apples as well as turn them into juice, cider, vinegar and wine. Favourite recipes include apple pie, apple crumble and apple sauce with roast pork.



Easy Cinnamon Baked Apples

Baked apples are simple and delicious, you might even be lucky to be given some windfall apples from a local grower or neighbour.

Organisation and skill: ★★★ **Cost:** £££ **Equipment:** 

Community involvement: Community involvement: children under supervision, young adults,

Ingredients

- 6 eating apples (ask grown-up helpers: to score around the circumference of each with a small, sharp knife) this is so your apples don't explode in the oven as they will grow in size as they cook!
- handful of sultanas
- 2 tbsp light brown sugar (muscovado if you have it)
- 1 tsp cinnamon
- thumb-size piece of butter or margarine
- 2 tsp demerara sugar

Equipment

- Apple corer or sharp knife
- Chopping board
- Measuring Spoons
- Small sharp knife
- Butter knife / kitchen knife
- Large bowl
- High sided baking dish
- Oven
- Oven glove

How to make it

- 1 Pre-heat the oven to 200°C/180C fan/gas 6.
- 2 Sit each apple on the chopping board and push the apple corer into the centre of each one, if you don't have a corer you can, carefully use a knife and follow around the stem in a circle to remove the core and pips (or ask an adult to help).
- 3 Mix the sultanas, muscovado sugar and cinnamon together in a bowl.
- 4 Stand up the apples in a baking dish next to each other. Using your fingers, push a little bit of the sultana mixture into each apple, using up all the mixture between the six apples.
- 5 Add a knob of butter to the top of each and sprinkle over the demerara sugar.
- 6 Put the dish in the oven for 20 mins or until the apples are cooked through, you can test if they are soft with a sharp knife.



 200°C/Gas 6  20 mins



Cooking and sharing together

- Apple tasting – contact your local community orchard or farm shop to find interesting British varieties.
- Make your own juice – find out if there is a community apple pressing event in your local area.
- Celebrate Apple Day, in 2023 it is on 21st October – a day intended to be both a celebration and a demonstration of the variety we are in danger of losing, not simply in apples, but in the richness and diversity of landscape, ecology and culture too
- Organise a community apple cooking day – invite the community to bring windfalls and surplus fruit to turn into chutneys for the Christmas fayre, crumbles for the freezer and apple muffins for lunchboxes.
- Paint pictures of apples, think about all the different sizes and colours. I.e., what is the difference between a Pink Lady and a crab apple?
- Have a go at apple bobbing – grab a large bowl, fill it with water, pop some apples in, and try to eat them without using your hands! Warning – you might want to wear waterproofs or have a towel nearby!

Recipe hints and tips

You could swap out the cinnamon for orange zest or even thyme!

Change up the sultanas for an oatly crumble for a different texture experience

Allergy Aware: butter

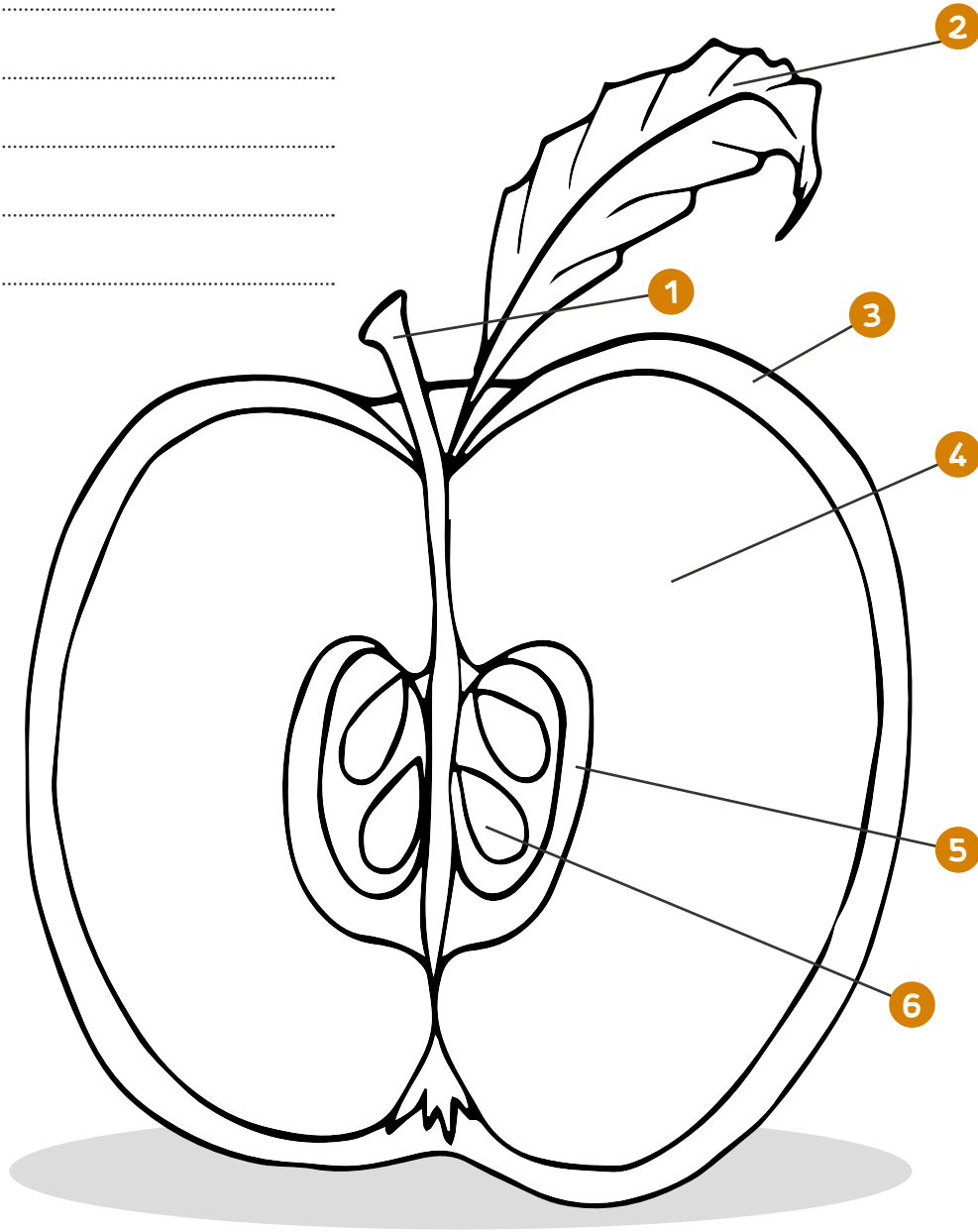
Storage: best eaten warm from the oven

Portion wise: serves six

Apple exercise

Do you know all the different parts of an apple? This exercise can be done with this drawing, or it would be even more impactful to give each group a cut apple to see all the sections for themselves.

- 1
- 2
- 3
- 4
- 5
- 6



1. STEM, 2. LEAF, 3. SKIN, 4. FLESH, 5. CORE, 6. SEED

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