

INDIAN SPICED BAKED APPLES

Indian food is one of the most popular cuisines across the globe and accounts for two-thirds of all eating out in the UK. Characterised by its subtle use of spices and herbs, Indian food is considered to be some of the world's most diverse cuisine. Many within Britain's large Indian population have embraced British foods and traditions, including the Bramley apples.

Preparation time: 10 minutes

Cooking time: 25-30 minutes

Serves 4

1 (400g) can coconut milk

100g / 4oz caster sugar

4 cardamom pods, split

4 Bramley apples, halved and cored

pistachio nuts and pomegranate seeds to serve

Served chilled, these apples baked in coconut milk would make an unusual and cooling dessert to end a spicy meal. If you prefer, you can cook them in the microwave on HIGH for 6-8 minutes instead.



1. Place the coconut milk, sugar and cardamom pods in a pan and gently bring to the boil, stirring until the sugar dissolves. Set to one side to allow the cardamom to infuse the milk
2. Preheat the oven to 180 °C/Fan, 160 °C/350 °F/Gas Mark 4. Place the Bramley apples cut side down in an ovenproof dish, pour over the coconut milk, cover the dish with foil and oven bake for 25-30 minutes or until the apples are tender. Cool then chill
3. Serve the apples in small bowls with chopped pistachios or pomegranate seeds to decorate