

Apple Snow

From Nelson's Kitchen
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Adapted from *The Way to Cook* by Julia Child

Ingredients:

For Apple Sauce:

- 4 pounds (6 to 8 apples) Granny Smith, Golden Delicious, or other hard and fairly acid variety.
- 6 prunes
- 1 medium lemon
- 1 cinnamon stick
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon pure vanilla extract
- 1/4 cup of sugar (optional)
- 1 pinch of salt

For Caramel:

- 1 cup of sugar
- A large bowl (that can accommodate the caramel pan) with cold water
- 1 cup of heavy cream
- 1 pinch of salt
- 2 teaspoon vanilla extract

For Apple Snow:

- 4 large egg whites (between 1/2 and 2/3 cups) at room temperature
- 1/2 teaspoon cream of tartar
- 1/4 cup of sugar (if apple sauce is unsweetened)

Procedure:

Make Apple Sauce:

- Cut the apples in half.
- Add the zest of the lemon and the cinnamon stick and the prunes.
- Cook in a covered heavy-bottom pan over moderate heat — stir from time to time to prevent it from sticking to the bottom and burning.

- Alternatively you can cook the apples in a covered dish in the oven at 300F or 325F.
- After the apples soften, stir and mash until the whole mixture is tender.
- Remove the cinnamon stick.
- Process the cooked apples through the middle grate of a food mill — this will eliminate seeds, stems and large pieces of skin.
- Return the apple puree to the pan.
- Add the sugar (if using), the ground cinnamon, the pinch of salt, and the juice from the lemon.
- Return to the moderate heat and cook, stirring with a flat wooden spoon, until it is at the consistency that you desire.
- Let it cool and refrigerate or freeze.

Make the Caramel Sauce:

CAUTION Boiling caramel is the hottest thing that you will have in your kitchen and can cause serious burning.

- In a frying pan, evenly sprinkle half of the sugar and cook over moderate heat.
- Place the large bowl of cold water nearby.
- Warm up the heavy cream in the microwave or in a separate small sauce pan. It should be very hot but not necessarily boiling.
- Watch for hot spots where the sugar starts to melt first and sprinkle the remaining sugar over these hot spots.
- When the sugar starts browning in some spots, but some white sugar still remains, stir gently with a wooden spoon to ensure even melting.
- Keep cooking until the sugar is a deep amber colour.
- When small bubbles will form in the amber sugar, immediately place the bottom of the pan on the cold water to stop the cooking.
- With the caramel still fairly hot and liquid, pour the hot cream over it.
- Stir, if needed return to a moderate heat, until all the cream and the caramel make a homogeneous mixture.
- Stir in the vanilla and the salt.
- Pour into a small bowl and let cool. Serve at room temperature.

Make the Apple Snow:

- Beat the egg whites at low speed for a minute.
- Stir in the cream of tartar and slowly increase the speed.
- Beat until the egg whites form stiff shining peaks.
- If using sugar, sprinkle the sugar and continue beating until sugar is incorporated.
- Reduce the speed to moderate and incorporate 1/2 cups of apple sauce at a time until you have used 3 cups of apple sauce.
- At the end the mixture should be stiff enough to hold its shape when scooped with a spoon.
- Spoon the apple snow on serving goblets and pour some caramel sauce on top of each serving.