

Miele

Ballarat apples

By Miele

Preparation time

Cooking time

6

Serves



INGREDIENTS

- 1kg Ballarat apples, or any soft fluffy textured apple
- ¼ cup white sugar, or your preferred sugar
- ½ tsp ground cinnamon
- ½ tsp star anise, or 1 whole spice
- ½ tsp ground cloves, or 1 whole spice
- Juice of ½ lemon

METHOD

1. Peel and core apples then chop in 2cm cubes. Place apple into acidulated (lemon) water to keep from going brown.
2. Drain and toss with the sugar and spices.
3. Pack tightly into sterilised jars, pouring in all of the juice and secure the lid.
4. Place jars into the steam oven 2cm apart and steam at 100°C for 5 minutes, then 90°C for 55 minutes.
5. Allow to cool in the steam oven for 20 minutes, then place at room temperature to cool. Ensure all lids are sealed correctly and a vacuum has been created in the jar.
6. Fruit can now be stored on a dark, cool shelf at room temperature for up to 12 months.
7. Once opened, store in the refrigerator for up to one week.
8. Fruit will appear intact, however if you shake the jars hard the fruit will break down into a compote.