
Fried Apple Rings

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

4 large tart cooking apples, cored

3 tablespoons butter

1/3 cup brown sugar

1/2 teaspoon ground cinnamon or nutmeg

2 tablespoons water

Cut the apples into 1/2 inch thick rounds.

In a large cast iron skillet, heat butter. Over moderate heat, saute' the apple rings for 3 to 5 minutes or until they begin to soften. Sprinkle the remaining ingredients, in the order given. Continue to cook for 5 to 7 minutes.

Spoon the syrup over the apples until they are tender and coated with juice.

(Serve these rings at lunch or as an accompaniment to ham.)

Yield: 4 to 6 servings

Side Dishes

Per Serving (excluding unknown items): 468 Calories; 34g Fat (64.5% calories from fat); trace Protein; 42g Carbohydrate; 0g Dietary Fiber; 93mg Cholesterol; 369mg Sodium. Exchanges: 7 Fat; 3 Other Carbohydrates.