

Apple Cranberry Brulee

*Sara moulton - "Sara's Weeknight Meals"
Scripps Treasure Coast Newspapers*

Servings: 6

*2 medium (about 1 pound) apples,
peeled, cored, quartered and thinly
sliced
1/3 cup dried cranberries, cherries or
raisins
5 tablespoons maple syrup (preferably
Grade B), divided
3 tablespoons brandy, bourbon or
rum (optional)
1 large egg yolk
1 tablespoon cornstarch
1/2 teaspoon vanilla extract
pinch table salt
2 large egg whites, room temperature
2 tablespoons dark brown sugar*

Preparation Time: 30 minutes

Preheat the oven to 450 degrees.

In a nine-inch round shallow baking dish, combine the apples, cranberries, two tablespoons of the maple syrup and two tablespoons of the brandy, if using. Cover the baking dish with foil. Bake in the middle of the oven for 35 to 40 minutes or until a paring knife goes through the apples very easily. Remove the apples from the oven and increase the oven heat to 500 degrees.

While the apples are baking, in a medium bowl whisk together the egg yolk, remaining three tablespoons of maple syrup, remaining tablespoon of brandy, the cornstarch, vanilla and salt. Set aside.

Once the apples are tender, in another medium bowl beat the egg whites until they form soft peaks. Stir one half of the whites into the yolk mixture, then gently but thoroughly fold in the remaining whites. Spread the mixture evenly over the top of the apples.

Place the brown sugar in a mesh sieve. Hold the sieve above the egg topping and press the sugar through it to evenly sprinkle it over the topping.

Bake the dessert in the top third of the oven until nicely browned, about 2 minutes.

Serve right away.

Start to Finish Time: 1 hour 10 minutes

Per Serving (excluding unknown items): 66 Calories; 1g Fat (13.5% calories from fat); 2g Protein; 13g Carbohydrate; 1g Dietary Fiber; 35mg Cholesterol; 21mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 0 Fat; 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	66
% Calories from Fat:	13.5%
% Calories from Carbohydrates:	76.4%
% Calories from Protein:	10.2%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	35mg
Carbohydrate (g):	13g
Dietary Fiber (g):	1g
Protein (g):	2g
Sodium (mg):	21mg
Potassium (mg):	87mg
Calcium (mg):	12mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	3mg
Vitamin A (i.u.):	78IU
Vitamin A (r.e.):	18 1/2RE

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	6mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	1
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	1/2

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 66 Calories from Fat: 9

% Daily Values*

Total Fat	1g	2%
Saturated Fat	trace	1%
Cholesterol	35mg	12%
Sodium	21mg	1%
Total Carbohydrates	13g	4%
Dietary Fiber	1g	5%
Protein	2g	
Vitamin A		2%
Vitamin C		4%
Calcium		1%
Iron		2%

* Percent Daily Values are based on a 2000 calorie diet.