



CARMELIZED HEIRLOOM APPLES WITH SICILIAN CHICKPEA FILLING

BY: CHEF HEATHER CARLUCCI

INGREDIENTS

3 tart heirloom apples (Hudson Gold)

1 cup sugar

2 tablespoons water

2 cups cooked chick peas (canned is fine)

1/4 cup honey

2 tablespoons candied lemon peel

1/4 teaspoon cinnamon

1/4 cup sugar

1/4 cup toasted almonds (finely chopped)

1/4 cup toasted pinenuts (finely chopped)

Peel, halve and core the apples. In a heavy-bottomed sauce pan, combine the sugar and water. Let cook until it comes to a medium golden syrup. Pour into greased muffin tins and set aside.

Combine chick peas, honey, lemon peel, cinnamon, sugar, almonds and pinenuts in the bowl of a food processor. Pulse until chick peas are roughly chopped and the ingredients are homogenous. Fill apple half with two tablespoons of the chick pea filling. This should fill the hollowed cored area and some of the flat half of the apple. Place apple face down in caramel lined muffin tin. Continue with rest of apple halves.

Sprinkle round upside of apple halves with sugar and bake at 350 degrees until they are tender to the touch and caramel is bubbling around the edges. Turn apples out of muffin tin while still hot and serve with fresh ricotta or vanilla gelato.



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