



Food For Thought Recipe and Allergen Card

Stewed Apple

50 Portions

Ingredient	Hannah Product Code	Quantity
Cooking Apples		10k
Sultanas	D200350	500g
Demerara Sugar	D001206	200g
Cinnamon	D001156	1 tsp
Lemon Juice		1 lemon

RECIPE METHOD – ALLERGENS

1. Peel, core and $\frac{1}{4}$ the cooking apples
2. Add all of the ingredients into a pan
3. Cook on a low heat for 10 minutes, until the apples are soft – but are not mushy
4. Serve HOT with custard

The allergens highlighted in RED are present in this dish
Allergens:
Cereals : Wheat Rye Barley Oats Spelt Kamut
Milk
Eggs
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
Celery
Mustard
Soya
Lupin
Sulphites
May contain...