

Merlot apples



A typical traditional recipe from Ticino reworked by SSSAT (Swiss Italian Tourism and Hotel Management School of Bellinzona).

Preparation

	Time required	approx. 40 minutes
	Difficulty	Easy - For all
	Portion size	10 People

Features

	Dish	Dessert - Fruit
	Typical product	Merlot - 0 km
	Suitable in	Summer - As sweet temptation

INGREDIENTS

Merlot apples

- 1.275 kg apples
- 0.8 l Merlot from Ticino
- 150 g sugar
- 1 cinnamon stick
- 3 cloves
- 20 g corn starch

PREPARATION

Merlot apples

1. Prepare a low casserole with the Merlot, sugar and spices;
2. Peel the apples and cut them in two, remove the core with the help of an apple corer and put them in the casserole with the wine;
3. Bring the apples to the boil in the wine, reduce the temperature and poach the apples for as long as necessary;
4. Once cooked, put them to cool in about half of the cooking liquid;
5. Bring the rest of the cooking liquid to the boil and bind it with corn starch diluted in cold water, drain and leave to cool;
6. Drain the apples, cut them fan-shaped, and before serving them, add a little bit of thickened cooking liquid to polish them.

Tip

1. For small quantities use a casserole pan of the appropriate size;
2. If, once cold, the cooking base should be too thick, dilute it with a little of the cooking liquid in which the apples were.