

Besotted Gourmet



Red Wine Caramel Apples, Serves 6
Adapted from *Gourmet*

Prep Time: 30 Minutes
Cooling Time: 30 Minutes
Total Prep Time: 1 Hour

Ingredients:

6 Apples
2 Cups Sugar
½ Cup Water
1 ½ Cups Pinot Noir
6 Tbls. Heavy Cream

Preparation:

Bring the sugar and water to boil in a medium-sized sauce pan over medium-high heat, stirring just until the sugar is dissolved, but be sure to let the pan be as the mixture begins to boil.

Meanwhile, set the wine to boil in another small sauce pan over medium-high heat for 10 minutes, until the volume is reduced by half.

While both sauce pans are boiling, get the apples apparatus ready. Stick popsicle sticks, or, in my case, freaky finger forks into cleaned and dried apples and set aside.

Set waxed or parchment paper over a cookie sheet and set aside.

After the wine has boiled for 10 minutes, turn the heat down to low to keep warm. Tend to the boiling sugar, swirling the pan, and watching for caramelization – it happens quickly, so keep your eye on it. Once it starts to caramelize, watch for the color to go a deep amber. Once that happens, pour your reduced wine into the pan **CAREFULLY** – it will bubble up, hiss, and generally make a mess of your stove top, but won't do any real harm.

Stir the cream into the mixture in well, and put a candy thermometer in the pot. Once the mixture reaches 238°, remove from the heat and let cool until it's reached 200°.

With your apples on one side and the lined cookie sheet on the other, take each apple and swirl in the warm, liquidy caramel, and set on the lined cookie sheet to harden. Repeat with the rest of the apples,

let them cool for 30 minutes, and then pass around to your friends and enjoy!