

APPLE BLACK CAP

COOK'S AND CONFECTIONERS DICTIONARY, 1723 | BY JOHN NOTT



INGREDIENTS

4 apples

lemon zest from
1 lemon

juice from 1 Lemon

fine sugar & grated
nutmeg from table

SERVES: 8

DIRECTIONS

MODERN COOKING:

1. Cut apples in half and core the center.
2. Place them flat side down into a pie plate touching the next apple.
3. Drizzle lemon juice over the apples.
4. Sprinkle with lemon zest and sugar. Add some grated nutmeg
5. Place them into a 400-degree pre-heated oven.
6. Bake 15 - 20 minutes in oven. Test by inserting a fork through the skin of the apple.

HEARTH COOKING/CAMPFIRE COOKING:

1. Cut apples in half and core the center.
2. Place them flat side down into a pie plate touching the next apple.
3. Drizzle lemon juice over the apples.
4. Sprinkle with lemon zest and sugar. Add some grated nutmeg.
5. Place them into the pre-heated Dutch oven.
6. Bake 20 - 30 minutes in oven. Test by inserting a fork through the skin of the apple.