

Toffee Apples

Makes 4

Ingredients

4 eating apples

200g caster sugar

½ tsp lemon juice

2 tbsp golden syrup

Red or black food colouring

Sprinkles, nuts or other edible decorations

Equipment

4 sturdy, clean twigs or lolly sticks

A large pan

Sugar thermometer or bowl of cold water

Wooden board or baking tray

Baking parchment

Method

1. Pull any stalks off the apples and push the sharpest end of each stick into the stalk end of each apple, making sure it is firmly wedged in. Put a large piece of baking parchment onto a wooden board.
2. Tip the sugar into a large saucepan, add the lemon juice and 100ml water.
3. Bring to a simmer and cook until the sugar has dissolved. Swirl the pan gently to move the sugar around, but do not stir.
4. Add the golden syrup and bubble the mixture (be careful it doesn't boil over) until it reaches 150°C on a sugar thermometer. If you don't have a sugar thermometer, test the toffee by dropping a small amount into cold water. It should harden instantly and, when removed, be brittle. If it's soft, continue to boil.
5. When it's ready, drip in some food colouring and swirl to combine.
6. Working quickly, dip each apple into the toffee, tipping the pan to cover all the skin. Lift out and allow any excess to drip off before putting on the baking parchment. Repeat with all the apples.
7. Sprinkle with decorations before the toffee sets. These are best eaten on the same day.