



**Nova Scotia
Apples**
Pick An Original



Apple Blossom Souffle

1993 Winner - Western Aurora Inn, Marilyn Hubley

Crust:

- 1 cup graham wafer crumbs
- 1/2 cup brown sugar
- 1/2 cup butter or margarine
- 1/2 tsp cinnamon

Combine all ingredients. Press into bottom of springform pan. Bake at 350°F for 10-15 minutes. Remove from oven. Cool.

Filling:

- 3 whole eggs
- 2 egg yolks
- 1/2 cup sugar
- 1 tsp vanilla
- 4 Nova Scotia apples, peeled and cut
- 1/4 cup sugar
- 1 cup water
- 3 tbsp gelatine (unflavoured)
- 1/2 cup apple juice
- 2 tbsp water
- 1 1/2 cup cream
- 2 tbsp icing sugar
- 1 tsp vanilla

Beat eggs, yolks, sugar and vanilla to form stiff peaks. Cook apples in 1/4 cup sugar and 1 cup water until tender, remove from heat. In top of double boiler dissolve gelatine in apple juice and 2 tbsp water. Heat until soft and dissolved. Whip cream until stiff, add icing sugar and vanilla. Fold dissolved gelatine and whipped cream into egg mixture. Turn into prepared pan. Chill until set.

< [Back to Table of Contents](#)