



**Nova Scotia
Apples**
Pick An Original



Apple Sorbet with Oatcakes

1996 Winner - Blomidon Inn, Geoffrey M. Caswell

- 5 med. Red Delicious Nova Scotia apples, quartered
- 1 1/4 cups sugar
- 1 cup water
- 1 tsp cinnamon
- pinch nutmeg
- pinch ground cloves
- 2 tbsp lemon juice
- 1/2 cup apple juice

Place all ingredients in a saucepan. Cook 5-10 minutes or until apples are soft enough to puree. Puree and cool. Place in sorbet or ice cream machine until firm. Freeze overnight.

Oatcakes:

- 1 1/2 cups rolled oats
- 3/4 cup flour
- 1/4 cup brown sugar
- 1/4 tsp salt
- 1/4 tsp baking soda
- 1/2 cup butter
- 1/4 cup cold water

In a large bowl, sift together oats, flour, sugar, salt and baking soda. With pastry blender, cut in butter until crumbly. Gradually sprinkle mixture with water, tossing with fork to make a sticky dough. Place on floured counter, pat out while dusting with flour. Cut into 15 triangles. Place on greased baking sheet in 350°F oven for 10 to 15 minutes or until cakes are golden on bottom. Transfer to racks and cool.

To Serve:

Place oatcake on plate, top with scoop of apple sorbet, drizzle with Port Sherry.

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