

Apple Snow



Ingredients

- 2 apples, peeled, cored and sliced
 - 1 whole clove
 - 1 2-cm piece lemon peel
 - 2 tablespoons lemon juice, strained
 - pink or green food colouring
 - 1 tablespoon caster sugar, or to taste
 - a drop of rose water (or orange-blossom water) (optional)
 - 1 egg white
- 1 tablespoon caster sugar, extra

Note

Named snows for their delicate lightness, these puddings have been popular since the 17th century. This recipe is based on an early *Commonsense cookery book* (c1917). The rose- or orange-blossom water adds a distinctly Regency touch.

As with any meringue or recipe requiring whipped egg white, your equipment must be squeaky clean, without a trace of oil or grease, or the egg white will never reach a stiff peak.

Directions

Put the apple, clove, lemon peel and juice into a saucepan. Mix enough food colouring in 30 ml of water to create a delicate hue and add to the pan over a gentle heat. Bring to a simmer, reduce the heat to low, cover with a lid and poach the apples for 10–15 minutes or until the fruit is very soft. Check and stir occasionally, adding just a little more water if the fruit starts to stick to the bottom of the pan.

Once the apple is soft, remove the pan from the heat and drain away any excess liquid. Remove and discard the clove and lemon peel. Sprinkle the sugar over the fruit while it is hot, stirring until the sugar dissolves. Mash the fruit or puree it with an electric stick blender. Add the rose- or orange-blossom water, if using. Put the fruit puree into a large bowl and allow it to cool.

Whisk the egg white until thick and glossy. Continue to whip, adding the extra sugar gradually until stiff peaks form.

Gently fold the whipped egg white through the puree with a large metal spoon until incorporated, but don't beat or over mix. Refrigerate the mixture for at least 1 hour.

Serve the snow in a pretty dish or dainty stemmed glasses for individual servings.

Cook's note: Other fruit such as peaches or berries may be substituted for some or all of the apple, eliminating the need for added food colouring, or you could choose a complementary colour and adjust the amount of sugar added.