



TREWITHEN DAIRY

GLYNN VALLEY · CORNWALL

CARMELISED APPLE PIE CAKE BARS

DESCRIPTION

'As American as apple pie?' Actually no, this iconic dessert was invented in England as early as 1390, with influences from France, the Netherlands and the Ottoman Empire. We've been making best use of our ancient apple varieties for centuries, so here's a fun recipe to try - caramelised apple pie cake bars. Of course, they have to be accompanied by a generous portion of Cornish clotted cream.

INGREDIENTS

For the Caramelised Apples

3 Cooking Apples, peeled and chopped into 3cm diced

50g Trewithen Dairy Salted Butter

50g Light Brown Sugar

1tsp Mixed Spice

For the Shortbread

150g Plain Flour

220g Granulated Sugar

1tsp Baking Powder

1 Egg

110g Trewithen Dairy Salted Butter, Softened

1 tsp Vanilla Extract

METHOD

1. Preheat the oven to 200C. Line an 8" square baking tin.
2. Heat the chopped apples, butter, brown sugar, cinnamon with a dash of water over a medium heat. Gently stir until the apples have softened, but still have their shape. Set aside to cool.
3. In a large bowl, combine the flour, sugar and baking powder in a large bowl. Add the egg, butter and vanilla and combine just enough until you have a smooth cookie dough. Press half of the mixture evenly into your prepared baking tin.
4. Pour the apple mixture over the shortbread. Then top with the remaining shortbread dough - loosely sprinkled on top.
5. Bake in the preheated oven for 35-40 minutes until golden brown on top. Allow to cool so the shortbread sets. Enjoy with a large spoonful of Cornish clotted cream.