

Toffee Apples

Perfect accompaniment to any Halloween or bonfire night celebration. I've added a little red food colouring to my toffee mixture, making them this delicious shocking nail varnish red.

6 medium-sized dessert apples
6 wooden sticks – ice lolly sticks are best
450g Demerara sugar
50g butter
2 teaspoon vinegar
150ml water
15ml (1 level tablespoon) golden syrup

Wipe the apples with a damp cloth and push a wooden stick firmly into the core of each one.

To make the toffee mixture, heat the remaining ingredients gently in a heavy-based saucepan until the sugar has completely dissolved, then bring to the boil.

Boil steadily without stirring for 5 minutes (in sugar cookery, this is known as the soft crack stage). Brush the sides of the pan occasionally with a brush dipped in water, to prevent crystals forming.

Remove the pan from the heat, tilt it slightly and dip an apples into the toffee mixture. Lift out the apple and twirl it over the saucepan for a few seconds until evenly coated with toffee. Repeat with remaining apples, working very quickly.

Place the apples on a buttered baking sheet, or on waxed paper and leave them until the toffee has hardened before serving.