

# Double Apple Crisp with Salted Bourbon Caramel Sauce

*Publix Grape Magazine - Winter 2014*

## **Servings: 8**

*2 large red cooking apples, halved*  
*2 large green cooking apples, halved*  
*2 tablespoons lemon juice*  
*1/4 teaspoon ground cinnamon*  
*1/4 teaspoon ground ginger*  
*1/8 teaspoon ground nutmeg*  
*2/3 cup all-purpose flour*  
*1/2 cup quick-cooking rolled oats*  
*3 tablespoons granulated sugar*  
*3 tablespoons packed brown sugar*  
*1/4 teaspoon salt*  
*1/2 cup cold butter, cut up*  
*vanilla frozen yogurt (optional)*  
SALTED BOURBON  
CARAMEL SAUCE  
*1 cup granulated sugar*  
*1/4 cup water*  
*1 tablespoon light corn syrup*  
*1/2 cup whipping cream*  
*2 tablespoons bourbon*  
*2 teaspoons butter*

## **Preparation Time: 30 minutes**

### **Bake: 30 minutes**

Preheat the oven to 375 degrees.

Butter a two-quart rectangular baking dish. Set aside.

If necessary, slice a small bit from the peel side of the apples to make them lie flat. Using a melon baller, scoop out the seeds and a bit of the surrounding flesh, making a hollow cavity. Arrange the apples, skin sides down, in the prepared dish.

Brush the apples with lemon juice. In a small bowl, combine the cinnamon, ginger and nutmeg.

In a medium bowl, combine the flour, oats, granulated sugar, brown sugar and salt. Using a pastry blender, cut in the butter until the mixture resembles coarse crumbs. Divide the crumb mixture evenly among the apples, stuffing firmly into the apples cavities and then mounding over the tops of the apples.

Bake the apples for 25 to 30 minutes or until the topping is brown and the apples are just tender.

**Make the Salted Bourbon Caramel Sauce:** In a small saucepan, combine the granulated sugar, water, corn syrup and salt. Bring the mixture to a boil. Cover the pan for 1 minute to steam the sugar crystals off the sides of the pan. Uncover and continue cooking until the sugar dissolves completely. Cook, without stirring, for about 6 minutes more or until the syrup is an amber color. Remove from the heat. Stir in the whipping cream, bourbon and butter. Serve the sauce warm or at room temperature.

To serve, drizzle the apples with the Salted Bourbon Caramel Sauce. Serve with frozen yogurt, if desired.

---

Per Serving (excluding unknown items): 351 Calories; 18g Fat (46.4% calories from fat); 2g Protein; 45g Carbohydrate; trace Dietary Fiber; 54mg Cholesterol; 205mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Fruit; 0 Non-Fat Milk; 3 1/2 Fat; 2 1/2 Other Carbohydrates.

Desserts

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	351	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	46.4%	<b>Vitamin B12 (mcg):</b>	trace
<b>% Calories from Carbohydrates:</b>	51.8%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	1.7%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	18g	<b>Folacin (mcg):</b>	17mcg
<b>Saturated Fat (g):</b>	11g	<b>Niacin (mg):</b>	1mg
<b>Monounsaturated Fat (g):</b>	5g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	1g	<b>Alcohol (kcal):</b>	9
<b>Cholesterol (mg):</b>	54mg	<b>% Refuse:</b>	0.0%
<b>Carbohydrate (g):</b>	45g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	trace	<b>Grain (Starch):</b>	1/2
<b>Protein (g):</b>	2g	<b>Lean Meat:</b>	0
<b>Sodium (mg):</b>	205mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	51mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	21mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	1mg	<b>Fat:</b>	3 1/2
<b>Zinc (mg):</b>	trace	<b>Other Carbohydrates:</b>	2 1/2
<b>Vitamin C (mg):</b>	2mg		
<b>Vitamin A (i.u.):</b>	689IU		
<b>Vitamin A (r.e.):</b>	179RE		

**Nutrition Facts**

Servings per Recipe: 8

**Amount Per Serving**

**Calories** 351 **Calories from Fat:** 163

**% Daily Values\***

<b>Total Fat</b> 18g	28%
Saturated Fat 11g	56%
<b>Cholesterol</b> 54mg	18%
<b>Sodium</b> 205mg	9%
<b>Total Carbohydrates</b> 45g	15%
Dietary Fiber trace	1%
<b>Protein</b> 2g	
<b>Vitamin A</b>	14%
<b>Vitamin C</b>	3%

<b>Calcium</b>	2%
<b>Iron</b>	4%

---

*\* Percent Daily Values are based on a 2000 calorie diet.*