



Apple Charlotte with Cinnamon Sabayon

 Vegetarian

READY IN



50 min.

SERVINGS



4

CALORIES



1033 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple liqueur
- ☐ 20 slices brioche bread
- ☐ 0.5 cup lightly brown sugar light packed
- ☐ 6 egg yolks
- ☐ 2 large eggs
- ☐ 4 medium granny smith apples
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 tablespoon ground cinnamon

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- ☐ 1 juice of lemon juiced
- ☐ 0.5 cup brown sugar light packed
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons sugar for ramekins, plus extra for top
- ☐ 0.5 stick butter unsalted
- ☐ 2 tablespoons butter unsalted for greasing ramekins
- ☐ 1 vanilla pod split
- ☐ 4 servings splash water
- ☐ 0.3 cup milk whole

Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ mixing bowl
- ☐ pot
- ☐ ramekin
- ☐ double boiler
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Watch how to make this recipe.
- ☐ Begin by making the filling. Set a large saute pan or roasting pan over medium heat and add butter. Peel and cut cheeks off apples then cut into 1/2-inch chunks. Once butter has melted and just starting to foam, add apples, scraped vanilla bean and pod, lemon juice, and brown sugar and cinnamon. Toss to coat well and cook for 20 to 25 minutes until apples are just tender and liquid has evaporated. The sauce will caramelize slightly and should be a nice, rich

dark color.

- ☐ In a shallow dish, make the batter by combining eggs, milk, sugar, and cinnamon. Stir with a whisk until fully combined.
- ☐ Preheat oven to 375 degrees F and generously butter and sugar 4 (1-cup) ramekins.
- ☐ Invert a ramekin, or use a round cutter, on half of the bread slices to use as a guide to cut out circles. These will be the bases and top of the charlottes – you should have 8 in total.
- ☐ Cut the other slices of bread in half lengthwise.
- ☐ Working with the circles. lightly coat in the batter and place in the bottom of each ramekin. Lightly dip the other rectangles of bread in batter as well, then use them to line the walls of each ramekin – standing them upright around the perimeter leaving an overhang that you will later use to fold over and seal the charlotte. It should take about 6 strips per ramekin. Fill each mold with apples and some of the caramel from the pan. Fold over the edges to seal it up completely and sprinkle the tops with a little sugar.
- ☐ Bake in the center of the oven for 20 to 25 minutes. If the tops brown too quickly, cover loosely with foil. When done, the bread will have puffed up slightly, the edges will be brown and the sugar on top will have caramelized. Allow to cool slightly, then run a knife around the edges and invert onto individual plates.
- ☐ Serve with cinnamon sabayon.
- ☐ To make sabayon, combine ingredients in a large mixing bowl and set over a pot of boiling water on low heat, i.e. a double boiler.
- ☐ Whisk (you can use an electric whisk to make it easier) until the mixture becomes light and fluffy and the volume almost doubles.

Nutrition Facts



Properties

Glycemic Index:78.96, Glycemic Load:51.43, Inflammation Score:-8, Nutrition Score:32.119130673616%

Flavonoids

Cyanidin: 3.02mg, Cyanidin: 3.02mg, Cyanidin: 3.02mg, Cyanidin: 3.02mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.5mg, Catechin: 2.5mg, Catechin: 2.5mg, Catechin: 2.5mg Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg Epicatechin: 14.49mg, Epicatechin: 14.49mg, Epicatechin: 14.49mg, Epicatechin: 14.49mg Epicatechin 3-gallate: 0.02mg,

Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.37mg, Epigallocatechin 3–gallate: 0.37mg, Epigallocatechin 3–gallate: 0.37mg, Epigallocatechin 3–gallate: 0.37mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 7.74mg, Quercetin: 7.74mg, Quercetin: 7.74mg, Quercetin: 7.74mg

Nutrients (% of daily need)

Calories: 1033.23kcal (51.66%), Fat: 34.1g (52.46%), Saturated Fat: 15.54g (97.11%), Carbohydrates: 163.78g (54.59%), Net Carbohydrates: 152.15g (55.33%), Sugar: 94.6g (105.11%), Cholesterol: 431.85mg (143.95%), Sodium: 748.39mg (32.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.8g (47.6%), Manganese: 2.25mg (112.73%), Selenium: 64.44µg (92.05%), Fiber: 11.63g (46.54%), Vitamin B1: 0.68mg (45.17%), Folate: 178.78µg (44.7%), Vitamin B3: 8.15mg (40.77%), Vitamin B2: 0.69mg (40.73%), Iron: 7.07mg (39.28%), Phosphorus: 381.52mg (38.15%), Calcium: 338.82mg (33.88%), Vitamin B5: 2.63mg (26.28%), Vitamin A: 1191.86IU (23.84%), Magnesium: 82.96mg (20.74%), Vitamin B6: 0.41mg (20.57%), Copper: 0.38mg (18.81%), Zinc: 2.65mg (17.67%), Potassium: 587.59mg (16.79%), Vitamin D: 2.44µg (16.28%), Vitamin C: 12.13mg (14.71%), Vitamin B12: 0.87µg (14.45%), Vitamin E: 2.14mg (14.28%), Vitamin K: 13.7µg (13.05%)