

RECIPE FOR APPLE KUGEL

A kugel is a 'bake'—a baked dish that is quite firm in texture. There are many kinds of kugel, for example, cheese, potato or noodles. A kugel can be sweet or savoury. This kugel is based on apples, which are a traditional food for Rosh HaShanah. If you can use the oven, this kugel is nice to make at home for your family or friends. It is a healthy pudding and you can serve honey with it.

YOU MUST CHECK WITH THE ADULTS AT HOME FIRST.

What you need—equipment:

- oven
- oven cloth or gloves
- weighing scales
- a small, sharp knife
- a chopping board
- a fork
- a teaspoon
- a large mixing bowl
- a tablespoon or wooden spoon
- a small saucepan
- a metal or glass baking dish about 20—25 cm in diameter
 - If using a glass dish, check that it is ovenproof—very important!
 - If you do not have a round dish, you can use an oval, square or rectangular one.
- a small piece of greaseproof paper
- oven cloth or gloves

What you need—ingredients:

- 5 large apples
- 120 grams butter or margarine
- 200 grams white or Demerara sugar
- 2 eggs
- 30 grams white or brown flour
- a pinch of salt
- 1 teaspoon cinnamon (optional)
- 2 tablespoons of cornflakes or bran flakes (optional)

What you do:

1. Preheat the oven to 190° C. (Celsius).
2. Use the piece of paper to scrape of a tiny piece of the butter or margarine. With this greased paper, wipe the inside of the baking dish to grease it all over the insides—especially at the join of the side and the bottom.
3. Peel and core the apples. Slice them thinly.
4. Crack the eggs into the mixing bowl (no shells!) Beat the eggs with the fork.
5. Melt the butter or margarine gently in the saucepan. Do NOT let the butter start to go brown. Take the pan off the heat as soon as the butter has become a liquid.
6. Add the butter to the eggs and mix.
7. Add the flour, sugar and salt. If you are using cinnamon, add this now. Mix these ingredients well.
8. Tip in the apples, mixing as you go.
9. Spoon the mixture into the baking dish. Using the back of the spoon, smooth the top of the mixture.
10. If you want a crunchy topping for the kugel, crumble the flakes a little in your hand, sprinkling them over the top of the mixture.
11. Put the dish in the oven for 50 minutes.
12. Serve the kugel hot or warm. You can serve it with runny honey or cream/yoghurt.