

Local Food

Origin : The first Bramley tree grew from a pip planted by a young girl, Mary Ann Brailsford, in her garden in Southwell, Nottinghamshire, in about 1809. All Bramley apples come from grafts that have been taken from that one tree. The original tree still bears fruit.

Usage : The Bramley is a superior cooking apple due to its sharp and characteristic flavour. The unique flavour of the Bramley comes from the high level of malic acid and low level of sugar (the opposite, in fact, to a dessert apple). It also has a great texture when cooked. It is especially good for pies, crumbles, stewed apple and baked apples.

Where and when to buy them : Bramleys are grown locally at Eddisbury Fruit Farm, Kelsall, Cheshire. Buy from there or New Ferry Farmer's Market on the 2nd Saturday of each month. Also from local farm shops and greengrocers. They are picked in October, but keep well, and are available for a large part of the year.

Selection : Good-quality Bramleys are firm with smooth, clean skin and a good colour (green with some hint of blush). Test the firmness of the apple by holding it in your palm - it should feel solid and heavy, not soft and light. Avoid apples with dark or soft spots, or if the apple skin wrinkles when you rub your thumb across it.



Storage : Keep apples in a cool room or refrigerator.

Nutritional content : Apples are a good source of dietary fibre and vitamin C. They are naturally very low in fat and sodium.

Preparation : When preparing apples for cooking, adding them to a bowl of lightly salted water as you go along will prevent them from browning. Use them as quickly as possible, draining and rinsing in a colander and drying them first.

Recipe : Baked Bramleys with Berries (4)

Ingredients:

- 900g/2lb (approx 5) Bramleys, peeled, cored and halved
- 75g/3oz caster sugar
- 225g/8oz frozen berries

Method:

1. Preheat oven 200°C/Fan 180°C/Gas Mk 6
Place the Bramleys in a shallow ovenproof dish. Add the sugar and toss until apples are coated.
2. Spread the apples into a single layer and bake for 10 minutes.
3. Add the frozen fruit and bake for 15 minutes or until the Bramleys are tender. Serve warm with ice cream, cream or yoghurt.



Bramley Slices

Serve warm from the oven. If you like spice, then add 1 level teaspoon of cinnamon or mixed spice

Making time 15 mins

Baking time 35 to 40 mins

275g plain flour

1½ level teaspoons baking powder

150g butter

150g light brown soft sugar

450g Bramleys

1 egg

3 tablespoons milk

Heat the oven to 200°C, Gas mk 6. Grease well a tin 11"x 7" x 1".

Put the flour and baking powder into a bowl, add the butter, cut into small pieces and rub in until the mixture resembles breadcrumbs. Stir in the sugar.

Peel, core and finely chop the apples and add to the bowl. Blend the egg with the milk and stir in until well mixed. Spread it into the tin and smooth the top.

Bake for 35 to 40 minutes or until well risen and golden brown. Remove from the oven, leave to cool in the tin, and cut into 16 fingers.