

Caramelized Chai Spiced Apples

2 medium-large tart, crunchy apples (Granny Smith or Mutsu are ideal for this)
2 tbsp ghee
1/2 tsp salt
1/2 cup brown sugar
1/4 tsp ground ginger
1/4 tsp ground cinnamon
1/4 tsp ground star anise, or 1 whole star anise
1/4 tsp ground nutmeg
1/4 tsp ground cardamom, or 3 whole pods
1 pinch of cardamom seeds

With skin left on, dice apples into bite-size pieces and discard the stem, core, and seeds. Heat ghee in a large saucepan to medium, then add apples, salt, and spices. Stir and allow to sit still every 30 seconds. Cook for two minutes or just until apples become translucent, then add brown sugar and immediately stir. Allow to sit and stir, and repeat this until brown sugar has become a thick liquid, like the texture of a caramel drizzle. The sugar should now be coating the apples. Take off of the stove immediately to avoid overcooking the sugar. Allow to cool for at least one minute. Enjoy this in versatile ways: with whipped cream, granola crumbles, in a trifle, or even as a quick apple pie filling or baked with puff pastry on top.

Note: If using whole cardamoms and star anise, remove and discard them before serving.

Recipe by Garden Chef Ilene Rouamvongsor



ATLANTA BOTANICAL GARDEN