

### Apple Cakes

Pre-heat the oven to Gas 4/180c and prepare small cup cake cases in a cup cake tin.

75g Butter

100g Caster Sugar

1 egg

225g Plain Flour

1 level teaspoon of baking powder

100 g chopped Walnuts

100 g white chocolate drops

4 Stewed Apples (try to get nice crispy sharp apples)

- Peel and cut the apples into nice little chunks. Put them in a pan with 100 ml water, 50 g sugar and 1/2 teaspoon of cinnamon and a knob of butter. Gently bring the water to boil, let the sugar dissolve and stir the apples around the pan. You want the apples to retain some firmness with a nice golden syrup. This should take about five minutes.
- Cream the butter and the sugar, add the egg and whisk. Next tip in the stewed apple, the flour, baking powder, and walnuts and fold in the mixture. It will take on a batter like consistency; pour into a loaf tin and cook. These cakes will take about 25 mins.

### Mackerel Fillets in a lime butter

Butter

olive oil

Lime

Chopped parsley

- Melt the butter and the oil in the ridged pan, get the pan nice and hot and first sear skin side up, so the skin is nice and crispy, and turn the fillets pour over the lime juice and gently cook the on the other side. Sprinkle with chopped parsley.