

Apple Sundaes with Candied Walnuts

from In Our Grandmothers' Kitchens

Ingredients:

for the candied walnuts:

1 cup walnut halves or pieces
1 to 2 tablespoons butter
1-1/2 tablespoons brown sugar
1/4 teaspoon cinnamon
a splash of maple syrup
1 teaspoon salt

for the apple sundae topping:

6 crisp apples
2 tablespoons butter (plus more if needed)
6 tablespoons cider syrup (plus more if desired)
1 pinch salt

Instructions:

First, candy the nuts. (Do this several hours before you want to serve your sundaes.) Preheat the oven to 350 degrees. Line a baking sheet with foil, and grease the foil with cooking spray.

Place the nuts on the pan. Roast them until they begin to smell nice, about 10 minutes, stirring twice.

While the nuts are toasting, melt the butter. Stir in the brown sugar, the syrup, the cinnamon, and the salt.

When the nuts come out of the oven, toss them in the butter mixture. (They may talk to you!) When they are evenly coated, return them to the baking sheet, and bake for another 10 minutes, again stirring them twice.

Let the nuts cool completely on the baking sheet before transferring them to an airtight container.

When you are ready to make your sundae sauce, sauté the apples in the butter until they begin to caramelize, adding a little more butter if you need to.

Add the cider syrup, and toss to coat the apples. Turn off the heat, stir in the salt, and serve over ice cream with glazed walnuts on top.

Serves 4 to 6.