

Pommes en Belle Vue (Molded Apple Custard) – Julia Child

PRELUDE: To caramelize a mold: For a 6 to 8 cup mold, mix $\frac{1}{2}$ cup granulated sugar and 2 $\frac{1}{2}$ tbs of water together in a Pyrex 2 cup glass measure. Cook APPROXIMATELY 5 minutes on high in microwave (checking CAREFULLY every 15 seconds once it has begun to color). When caramel brown, immediately pour the hot caramel sauce into your mold and turn in all directions to film bottom and sides. When caramel ceases to run, reverse mold onto a plate.

10 cups peeled and sliced apples (about 4 pounds)

$\frac{1}{2}$ cup granulated sugar

2 TBS lemon juice

$\frac{1}{4}$ tsp cinnamon

$\frac{1}{3}$ cup butter, previously melted (I use canola oil, because the butter lumps in the custard)

A large shallow roasting pan.

(Preheat the oven to 350)

Fold the apple slices with the sugar, lemon juice, cinnamon, and butter in the roasting pan. Bake for 20 to 30 minutes in preheated oven until barely tender and slightly caramelized (20ish minutes for Granny Smith)

4 large eggs a large mixing bowl

1 egg white a 2 quart caramelized cylindrical mold or baking dish 4 inches deep

$\frac{1}{4}$ cup rum a pan of boiling water

Beat eggs, egg white, and rum in the mixing bowl until blended. Fold in the apple slices and turn into the caramelized mold. Set mold in a pan of boiling water and bake in the lower third of preheated oven for about 1 $\frac{1}{2}$ hours until dessert shows a faint line of shrinkage from mold. To serve warm, let settle for 10 minutes in a pan of cold water. Turn a serving dish upside down over the custard and then reverse the two to unmold the custard. To serve cold, let cool to room temperature; chill several hours, and then unmold. Serve with whipped cream or crème anglaise.