

DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 003 02
BAKED APPLES WITH RAISIN COCONUT FILLING

Yield 100

Portion 1 Serving

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
241 cal	58 g	0 g	2 g	2 mg	42 mg	14 mg

Ingredient

APPLES,COOKING,FRESH,UNPEELED
 RAISINS
 COCONUT,PREPARED,SWEETENED FLAKES
 SUGAR,GRANULATED
 CINNAMON,GROUND
 SALT
 WATER,ICE
 BUTTER

Weight

28-1/8 lbs
 1-1/2 lbs
 9-7/8 oz
 7 lbs
 1/8 oz
 1/4 oz
 5-1/4 lbs
 4 oz

Measure

100 each
 1 qts 1/2 cup
 3 cup
 1 gal
 1/3 tsp
 1/8 tsp
 2 qts 2 cup
 1/2 cup

Issue

33-1/8 lbs

Method

- 1 Score apples once around middle to prevent bursting. Place apples on pans.
- 2 Mix raisins with prepared, sweetened, flaked coconut. Fill cavity in center of each apple with 1 tablespoon of mixture.
- 3 Mix sugar, cinnamon and salt thoroughly.
- 4 Combine with water and butter or margarine. Pour 1-1/2 quart syrup over apples in each pan.
- 5 Using a convection oven, bake at 325 F. for 30 minutes or until tender on low fan, closed vent, basting occasionally.
- 6 Serve each apple with 2 tablespoons of syrup.