

Salted Caramel Apple Parfaits

From a cooking class with Susan V, 2017
Eat Delicious by Dennis Prescott



CARAMEL:

1 cup sugar
6 tablespoons unsalted butter
1/2 cup heavy cream
1/2 teaspoon vanilla extract

1 teaspoon sea salt

APPLES:

2 tablespoons butter
1 1/2 pounds apples, Honeycrisp, or other sweet
crispy apples, peeled, cored, and cut into
1/2-inch chunks
1/2 teaspoon ground cinnamon
2 tablespoons pure maple syrup

GRANOLA:

1 1/2 cups rolled oats
1 cup pecan halves, chopped
1 tablespoon butter
2 tablespoons pure maple syrup

WHIPPED CREAM:

1 cup heavy cream
1/2 teaspoon pure vanilla extract

Yield: Makes:

Per Serving (excluding unknown items): 587 Calories; 40g Fat (59.0% calories from fat); 5g Protein; 58g Carbohydrate; 5g Dietary Fiber; 96mg Cholesterol; 299mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 Fruit; 0 Non-Fat Milk; 8 Fat; 2 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com

Servings: 8

1. **SALTED CARAMEL:** In a high-sided nonstick pan, heat the sugar over medium heat, stirring continuously. It will turn into strange rock-ish pieces—that's normal! See photo. Slowly but surely, the sugar will melt and turn into a gorgeous amber colour. When the sugar has melted entirely and is now golden brown in color, carefully stir in the butter and let it melt. It will bubble like crazy. Stirring continuously, slowly pour the cream into the pan in a slow and steady stream until it has been incorporated into the caramel. Let the mixture bubble away for 1 minute, then remove from the heat. Stir in the vanilla and sea salt and very carefully pour it into a medium heatproof bowl. Set aside.
2. **APPLES:** Heat a large skillet over medium heat and melt the butter. Add the apple chunks and cinnamon and cook, stirring often, for about 15 minutes, or until the apples are very soft. Add the maple syrup and give the pan a toss to coat the apples. Cook for 1 minute, then transfer to a bowl and set aside.
3. **GRANOLA:** Heat a large, dry skillet over medium heat and add the oats and pecans. Cook, turning every minute or so, until the oats are fragrant and have started to brown, 3 to 4 minutes. Transfer to a plate.
4. Place the pan back on the burner and melt the butter and maple syrup. When the syrup is simmering, remove from the heat and stir in the oats and pecans. Mix thoroughly to evenly coat the oats, then transfer to a plate and set aside.
5. **WHIPPED CREAM:** In the bowl of a stand mixer fitted with the whisk attachment (or whisk by hand or use a hand-held mixer), whip the cream until thick, then fold in the vanilla.
6. Build each parfait with about 2 tablespoons of the salted caramel, a scoop of the apples, and 2 tablespoons of the granola. Top with a dollop of whipped cream, then repeat. Finish with a final drizzle of caramel and serve.

