



# Apple slices with lemon-yoghurt ice cream



## Rezept für 4

### Ingredients

4 apples  
½ vanilla pod, scraped  
1 star aniseed  
½ lemon, 1 part zest, the  
rest juice  
4 tbsp of sugar  
2 dl of water  
1 dl of liquid cream  
4 scoops of lemon-yoghurt  
ice cream or vanilla ice  
cream  
Lemon zest and  
peppermint for decoration

### Preparation

Wash and peel the apples. Quarter then cut each quarter into thirds. Put the apple slices into a vacuum bag and then add water, sugar, aniseed, vanilla, lemon juice and lemon zest. Seal with as little air as possible. Lay the bag on a stainless steel tray, slide into the oven and steam for 25 minutes at 85 °C. Remove from the oven and cut open the bag. Pour the liquid into a pan and reduce to syrup on the hob. Keep the apple slices warm ready for serving. Add the cream to the syrup and bring to the boil again. Remove from the heat and leave to one side.



**Anrichten**

## **Serving**

Arrange the apple slices on four plates. Put one scoop of ice cream in the middle of each plate. Pour the sauce over the apple slices, decorate and serve immediately.

## **Cooking level**

With pre-heat

25 minutes | steam setting at 85 °C