



## Colonial Virginian Apple Tansey

the **Real Estate Group**  SM

### INGREDIENTS

- 3 apples, cored and sliced thin (Fuji apples work well)
- 3 tablespoons butter
- 4 large eggs
- 2 tablespoons whipping cream
- 2 teaspoons rose water
- ¼ teaspoon ground nutmeg
- 2 tablespoons sugar
- For Garnish: powdered sugar, coarse sugar, fresh lemon wedges

### INSTRUCTIONS

1. Preheat the oven broiler.
2. In an 8-inch cast iron skillet, melt butter over medium heat on the stove top.
3. Add apples and cook about 5 to 8 minutes, turning as needed, until slightly softened.
4. Arrange apples as desired, remembering that the apple tansey will be flipped and the bottom will become the top. Once apples are arranged, allow to caramelize over the heat as you prepare the egg mixture.
5. In a large bowl, whisk together eggs, whipping cream, rose water, nutmeg, and sugar until smooth. Pour over apples and continue to cook for 3 to 4 minutes or until the edges and bottom are set.
6. Transfer skillet to the oven and cook under the broiler an additional 2 to 3 minutes until the egg is completely cooked and top is lightly browned.
7. Remove skillet from oven. Set a large, flat plate over the top of the skillet and carefully flip over to release the tansey onto the plate.
8. Cut into slices and serve garnished with powdered sugar, coarse sugar, or lemon wedges.

*Note: Vanilla extract can be substituted for the rose water but it will change the flavor of the apple tansey.*

Nutrition Information: YIELD: 6, SERVING SIZE: 1 grams, Amount Per Serving: CALORIES: 173, TOTAL FAT: 11g, SATURATED FAT: 6g, UNSATURATED FAT: 0g, CHOLESTEROL: 131mg, SODIUM: 94mg, CARBOHYDRATES: 17g, FIBER: 2g, SUGAR: 14g, PROTEIN: 4g