

Recipes Inspired by Books

Caramel Apples | The Night Circus

Author: Bryton Taylor @ Food in Literature

Ingredients

- 6-8 small-medium tart apples (eg. Granny Smith, Fuji, Jonathan)
- ½ cup butter
- 1 cup white sugar
- 2 tbsp molasses
- ½ cup corn syrup
- ½ can sweetened condensed milk
- 1 tsp vanilla
- 1 tsp cinnamon
- black food gel
- wooden skewers

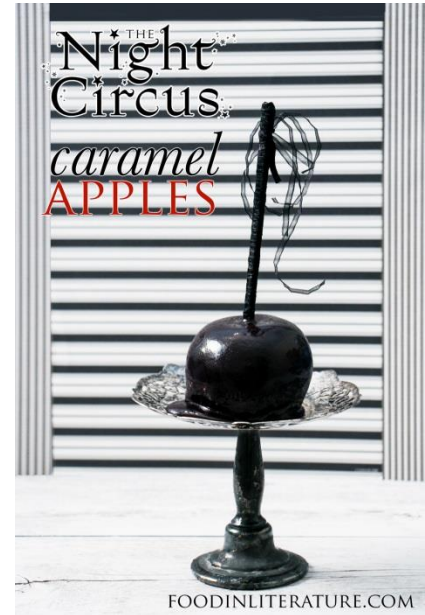
Instructions

1. In a medium sized saucepan over medium heat, melt the butter, then stir in the sugar, molasses, corn syrup and sweetened condensed milk.
2. While the mixture cooks, push wooden skewers into the apples.
3. Boil a pot of water and plunge the apples in for 30 seconds, then remove and rub with a clean tea towel to remove wax on the skin.
4. Prep a baking tray with baking paper and set near your workspace.
5. Once combined, let slowly come to a boil until it reaches 120C on a candy thermometer.
6. Quickly stir in the vanilla, cinnamon and black gel.
7. Take an apple, and using the wooden handle to hold, twirl in the caramel mixture until covered. Quickly place on the baking paper lined tray and repeat with the rest of the apples.
8. Set aside for an hour to cool and harden, then wrap individually and keep in the fridge.

Notes

Adapted from <http://allrecipes.com/recipe/228210/the-best-caramel-apples/>

"Apples dipped in caramel so dark they appeared almost blackened but remained light and crisp and sweet." -The Night Circus, Erin Morgenstern



Lembas Bread | Lord of the Rings

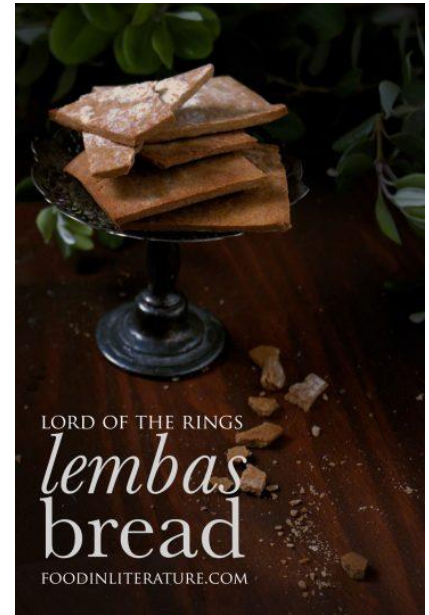
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Ingredients

- ¼ cup golden syrup
- 2 cups plain flour
- 90g Cofa shortening, chopped or grated

Instructions

1. Preheat oven 190C/375F
2. In a saucepan, melt the shortening and scoop in the golden syrup.
3. Bring to a boil and let cook for a few minutes.
4. In a bowl, add in the flour, then pour in the sugar mixture.
5. Add more flour if required, but stir until combined.
6. Roll out very thin and slice into squares.
7. Place on a baking tray and bake for 20-30 minutes until the colour starts to darken.
8. Let cool completely (it will be soft when it's out of the oven) before storing in an airtight container.



“Eat little at a time, and only at need. For these things are given to serve you when all else fails. The cakes will keep sweet for many many days, if they are unbroken and left in their leaf-wrappings, as we have brought them. One will keep a traveler on his feet for a day of long labour, even if he be one of the tall men of Minas Tirith.”

—The Fellowship of the Ring, J.R.R.Tolkien

'Twas The Night Before Christmas; Byzantine Sugarplum

Prep time

10 mins

Total time

10 mins

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Ingredients

- ½ cup shelled walnuts (see note below)
- ¼ tsp salt
- ½ tsp ground cinnamon
- ¼ tsp ground nutmeg
- ⅛ tsp allspice
- ½ cup pitted dates
- ¼ cup dried apricots
- ¼ cup pitted prunes
- powdered sugar to roll in

Instructions

1. Note: cover the walnuts in warm salty water and soak for at least 1 hour. The original recipe said to do this overnight, however having done it for only one hour was enough to take the bitterness out.
2. Toss all ingredients, excluding powdered sugar, into the food processor and pulse several times until you have a paste.
3. Scoop out into a bowl. Pinch off a tablespoon worth (for daintier bite size) and roll into a ball. Roll into powdered sugar and store in an airtight container.
4. Note: The sugarplums often soak up the powdered sugar, so it's suggested that you reroll again before serving.

*The children were nestled all snug in their beds,
While visions of sugar plums danc'd in their heads,*

-Twas The Night Before Christmas, Clement Clarke Moore



Percy Jackson and the Sea of Monsters; Blue Waffles

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Ingredients

- 1 cup self raising flour
- 1 egg, beaten
- 1 cup milk
- 50g butter, melted
- 2 tbsp white sugar
- 2-3 drops of blue food colouring

Note: If using gluten free flour, add an additional ½ tsp of baking powder and warm the milk

Instructions: Mix all the ingredients together and cook according to your waffle maker.



“My mom made blue waffles and blue eggs for breakfast. She’s funny that way, celebrating special occasions with blue food. I think it’s her way of saying anything is possible. Percy can pass seventh grade. Waffles can be blue. Little miracles like that.”

-Percy Jackson and the Sea of Monsters, Rick Riordan