

## Japanese Apple Kantan Recipe

### Ingredients:

1 large apple  
2 tablespoons sugar  
1 tablespoon lemon juice  
1½ cups peach nectar  
⅓ oz (4 g) kanten (agar-agar or jelly) powder  
½ cup water

### Method:

Cut apple into quarters. Peel, core and cut into thin triangles. Put apple, sugar, lemon juice and peach nectar in a saucepan. Simmer over low heat until softened. Remove the pan from heat. While still warm, purée the apple mixture until smooth in a food processor. Set aside. Combine kanten and water in a saucepan. Simmer until dissolved, stirring with a wooden spatula. While stirring, cool slightly over a bowl of ice water. Gradually add the kanten liquid to the apple purée. Mix well until smooth. Moisten the inside of a square mould (5"x5¾") with water. Pour the mixture into the mould. Chill for about 2 hours until set. Slide a knife around the edges to loosen, then remove from the mould. If desired, use assorted cutters to make decorative shapes.

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