



## FAT FREE MINCEMEAT

200ml dry cider or apple juice  
225g soft brown sugar  
1 kg cooking apples, peeled, cored and chopped  
1 teaspoon ground mixed spice  
 $\frac{1}{2}$  teaspoon cinnamon  
225g raisins  
125g sultanas  
125g currants  
50g mixed peel or glace cherries, chopped  
1 small orange, grated rind and juice

### Method:

Heat cider/apple juice and sugar in a large pan until dissolved. Add all of the remaining ingredients. Partly cover and simmer gently for 40-60 minutes or until the apples are pulpy and most of the liquid has been absorbed. Spoon into clean jars. Store in fridge. Alternatively put into suitable containers and freeze.

### To make mincepies:-

Buy pack of filo pastry, cut into squares, layer 3 sheets on top of each other with some melted butter or margarine, add a spoonful of mincemeat, twist the top to seal and bake for 10-15 mins at 180°C. Dust with icing sugar.