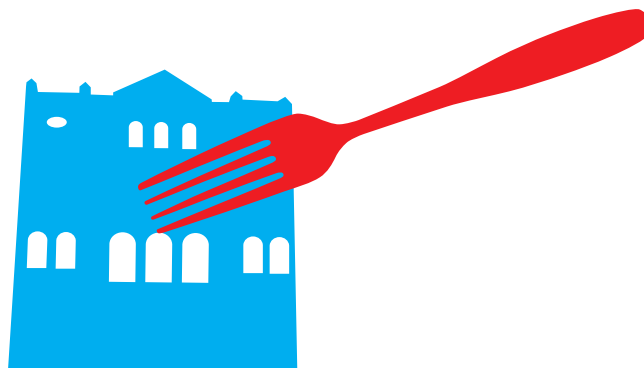


# Recipe to build Royal Court Theatre



## Ingredients

5	apples, washed and dried
5	lolly sticks
1/2 kg	demerara sugar
150 ml	water
285 g	unsalted butter
1 tbsp	golden syrup
1/2 tbsp	vinegar
	royal icing
	red food colouring
1 tray	lined with oiled foil
1 bowl	iced water

## Method

- Remove the stalks from the apples, and stick the lolly sticks in, (you may need to use a knife first).
- Put the sugar and the water into a heavy-based pan, and heat. When the sugar has dissolved, add vinegar, butter and golden syrup. Boil rapidly for approx 45 minutes, but start testing it after 30.
- To test, drop a small amount of toffee into a bowl of very cold water. If it hardens on contact it's ready.
- Turn down the heat and dip each apple into the toffee, twirl it on its stick several times, to coat it with toffee. Plunge it into iced water, and twirl it around a good few times. Rest it, stick upwards, on the baking sheet.

NB Don't do this with children – it is easy to burn yourself!

## Assembly

- When cool, you need to cut two apples in half, removing the sticks.
- Put two halves flat side down, and balance two complete apples on top, with the sticks facing the front. Balance the two remaining halves on top for the roof.
- Take the fifth apple and remove the stick. Slice it as carefully as you can, and lay some of the slices on top of each other to form the steps of the theatre and, if possible, lay the largest slice across the two protruding sticks to form the balcony.
- Roll out your royal icing having added one or two drops of red food colouring. Cut out the letters ROYAL COURT THEATRE, and press them gently onto the apples. If they don't stick, use a little apricot jam as glue.

**Preparation time:** 5 minutes  
**Cooking time:** 30–45 minutes  
**Building time:** 30 minutes

This recipe was designed by Nu-Life for Lift's Eat London event on Saturday 28 April, 2007.



# Nu-Life

Nu-Life is made up of six teams working across the London Borough of Newham to provide valuable services to over 100 individuals with learning disabilities in the community. Nu-Life enables people to have more meaningful social contact and to try out different activities that they wouldn't normally have the opportunity to do. It also enables people to develop skills and knowledge to achieve specific goals in their life.

For the Nu-Life group, eating is a very important social activity, and the Eat London project has provided the opportunity for participants to take on a more active and involved role in their community, outside of the day centre environment. Taking part in Eat London and being trusted in their equal role as part of the project has helped improve the groups' confidence and the event in Trafalgar Square will be a day of great pride for the group.

**Nu-Life participants include:** Karen Bush, Helen Mash, Jackie Brooks, Joseph Kunyeda, Cheryl Alexander, Doris Perry, Richard Lilley, Debbie Sturt, Inderjit Kaur, Sharon Regan, Stella Porritt, Vicky Ernest, Ramdas Laxman, Jatinder Kaur, Sonia Holder, Ian Saul, Leon Gill, Anna Sikorska, Clifton Battiste, Marie Roberts, Brian H, Paul Baker, Sharon Hall and Fenella Rodrigues.

**Nu-Life's facilitator is:** Sue Mayo.

To see more landmark recipes from Eat London visit [www.liftfest.org.uk](http://www.liftfest.org.uk)



# Lift

