



Harvest and Game Day Recipes – October 2023

Air-Fried Buffalo Cauliflower Bites

- 1 large head cauliflower, cut into 1½-inch florets
- 4 Tbsp. melted butter
- ½ cup cayenne pepper sauce (like Frank's Wing Sauce), plus more for dipping
- 1 ½ cups bread crumbs or panko crumbs
- 2 tsp. no-salt seasoning (optional)
- 1 cup ranch dressing for dipping

Place the cauliflower florets in a large bowl. In a small bowl, mix the melted butter and cayenne pepper sauce to combine, then pour the sauce over the cauliflower. Mix everything together well. In a separate large bowl, combine the breadcrumbs and seasoning (if using). Transfer the cauliflower to the bowl or bag with the breading. Use tongs or a slotted spoon so you don't end up pouring in extra sauce. Toss (or shake) the cauliflower to coat it in the breading. Transfer half of the coated cauliflower to your air fryer, avoiding overcrowding. Set the air fryer to 350°F and cook for 12 to 15 minutes, until the cauliflower is golden brown and cooked through, but not mushy. Place the cooked cauliflower on a sheet pan in the oven to keep warm. Continue to cook the remaining cauliflower in the air fryer. To make the buffalo ranch dipping sauce, add your desired amount of wing sauce to the ranch dressing, to taste. Serve the buffalo cauliflower with the dipping sauce.

Easy Skillet Pork Chops with Apples

- 2 bone-in pork loin rib chops (about 1-inch thick and 8 to 10 oz. each)
- 2 ½ cups apple cider, divided
- ½ cup water
- ½ cup kosher salt
- 1 large sweet-tart apple, such as Honeycrisp or Pink Lady
- 1 small yellow onion
- 4 cloves garlic
- 1 tsp. canola oil
- 4 sprigs fresh thyme

Prick 2 pork chops all over with a fork. Flip the pork chops and repeat pricking on the other side. Place 2 cups of the apple cider, water and kosher salt in a gallon-size zip-top, resealable bag, seal the bag, and massage to dissolve the salt. Add the pork chops and seal the bag. Place the bag on a rimmed baking sheet and arrange the pork chops so they sit in a single layer. Let chops brine at room temperature for 30 minutes, or refrigerate for up to 8 hours. When ready to cook, core and cut 1 large apple into 1/4-inch-thick slices, cut 1 small yellow onion into 1/2-inch wedges, and peel and smash 4 cloves garlic. Remove the pork chops from the brine and pat dry with paper towels. Heat a large cast-iron skillet over

medium-high heat until just beginning to smoke. Add the pork chops and cook until they begin to brown, about 1 minute on each side. Reduce the heat to medium. Continue to cook, flipping the chops every minute, until they register 140 to 145°F in the thickest part, 6 to 8 minutes more. Transfer the pork chops to a clean plate. Add 1 teaspoon canola oil to the pan. Add the onion, garlic, and 4 sprigs fresh thyme, and cook until onion begins to soften and brown, 3 to 4 minutes. Add the apples and remaining ½ cup apple cider and nestle the chops on top. Cook until the apples are warm and tender but not falling apart, 3 to 4 minutes.

Apple Crumble

Filling

¼ cup granulated sugar

2 Tbsp. cornstarch

1 tsp. cinnamon

2 lbs. tart baking apples (about 6 medium or 4 large), such as Granny Smith or Honeycrisp, peeled or unpeeled, cored, and sliced ¼-inch thick

1 Tbsp. freshly squeezed lemon juice

Topping

1 cup all-purpose flour

½ cup packed light or dark brown sugar

½ cup chopped walnuts

1 tsp. baking powder

¼ tsp. kosher salt

1 stick unsalted butter, at room temperature

Preheat the oven to 375°F and prepare the baking dish. Coat an 8- or 9-inch square baking dish with butter; set aside. **Filling:** whisk the sugar, cornstarch and cinnamon together in a large bowl to break up any lumps. Add the apples and lemon juice and toss gently to coat. Transfer to the baking dish and spread into an even layer. **Topping:** add the flour, sugar, nuts, baking powder and salt to a bowl. Whisk to combine. Cut the butter into a few large pieces and toss these in the dry ingredients. Using your fingers work the butter into the dry ingredients until large, heavy crumbs are formed. Scatter the crumble topping evenly over the fruit mixture, leaving large clumps intact. Bake the crumble 30 to 35 minutes, until the fruit juices are bubbling around the edges of the baking dish and the topping is golden and firm to the touch. Let the crumble cool on a wire rack for at least 15 minutes before serving. If transporting to a picnic or party, let the crumble cool completely to give the fruit filling time to set.