

Across the Fence

Apple Recipes – October 2020

Deb Plumley's Recipes

Apple Cider Pancakes

2 cups all-purpose flour
4 Tbsp. granulated sugar
1½ tsp. ground cinnamon
2 tsp. baking powder
1 tsp. baking soda
½ tsp. salt
1 cup apple cider
1 cup buttermilk
2 large eggs

4 Tablespoons vegetable or canola oil
2 tsp. vanilla

For topping:

2 to 3 apples peeled, cored and chopped
into large chunks
½ cup packed brown sugar
2 Tbsp. unsalted butter
1 tsp. cinnamon

Heat a pancake pan or a large griddle over medium heat. In a mixing bowl, whisk together the dry ingredients; flour, sugar, cinnamon, baking powder, baking soda and salt. Set aside. In another mixing bowl, whisk together the wet ingredients: apple cider, buttermilk, eggs, oil and vanilla. Add wet ingredients to dry ingredients and stir with a wooden spoon. Do not overmix. Batter should be lumpy. Using a ¼ cup scoop (or an ice cream scoop); pour batter on a hot griddle. Cook pancakes on the first side, until you see air bubbles appearing around the edge and toward the center. Flip and cook about 2 more minutes. Place pancakes on a large plate and cover with aluminum foil each time you add to the stack to keep them warm. Melt butter in a large skillet. Add apple chunks. Cook stirring often, until apples are soft but not mushy. Add brown sugar and cinnamon and cook until sugar melts into a syrup. Remove from the heat. Top pancakes with topping and serve.

Apple-Nut Bread Pudding

4½ cups ¾-inch bread cubes, from stale bread	½ cup brown sugar
3 large eggs	1½ tsp. apple pie spice
1¼ cups milk or light cream	½ cup raisins or dried cranberries
¼ cup boiled cider or apple juice concentrate	1½ cups diced unpeeled apple
2 tsp. vanilla	¾ cup chopped walnuts, lightly toasted
	2 Tbsp. butter, melted

Preheat the oven to 325°F. Generously butter a 9-inch square baking dish. Place the bread cubes in a large bowl. Beat together the eggs, milk or cream, boiled cider or apple juice concentrate and vanilla plus the brown sugar and spice; pour over the bread and stir. Add the raisins or cranberries, apples, and nuts. Stir and transfer to the prepared pan. Drizzle the melted butter over the top. Bake for 35 minutes, or until no liquid shows when you tilt the pan; the pudding will appear firm. Remove the pudding from the oven and serve warm, or refrigerate until ready to serve and reheat.

Viewer Recipe

Apple and Maple Streusel Muffins

Robert Corliss – Rutland, Vt.

1½ cups oatmeal	1¾ cups flour	Streusel topping:
1½ cups coarsely grated tart apple	1 Tbsp. baking powder	⅓ cup oatmeal
1 cup VT maple syrup	¾ tsp. baking soda	¼ cup flour
¾ cup plain yogurt	¾ tsp. salt	¼ cup brown sugar, firmly packed
2 eggs, beaten	1 tsp. cinnamon	1 tsp. cinnamon
3 Tbsp. melted butter	½ cup chopped pecans	¼ cup melted butter

Preheat oven to 400°F. **Make streusel topping:** Combine ⅓ cup oatmeal, ¼ cup flour, ¼ cup brown sugar, 1 tsp cinnamon and ¼ cup melted butter until crumbly; set aside.

Make muffin batter: In a bowl, combine oats, apple, maple syrup, yogurt, eggs and melted butter. In another bowl, combine flour, baking powder, soda, salt, cinnamon and pecans. Stir liquid ingredients into flour mixture until just combined; do not over-mix. Spoon batter into 18 greased, large muffin tins. Top muffins with streusel topping. Bake about 20 minutes or until tops are springy to the touch. Let muffins cool on wire rack.

Yield: 18 muffins.

Marco Ayala's Recipe**Apple Cranberry Chicken Salad**

2 chicken breasts	4 to 6 tablespoons mayonnaise (to taste)
olive oil (as needed, for cooking)	2 teaspoons fresh lemon juice
¼ cup walnuts (chopped, or slivered almonds or pecans, toasted)	¼ tsp. chili powder or pepper flakes
¼ cup dried cranberries	¼ tsp. curry powder (or to taste)
½ cup celery (diced)	¼ teaspoon salt (or to taste)
½ medium red onion (finely chopped)	¼ teaspoon ground black pepper
3 apples (diced)	lettuce leaves
	toasted French bread slices

Cut chicken breasts into bite size pieces and season with salt, pepper and chili powder or pepper flakes. Place a lightly oiled skillet over medium heat. Add the chicken breasts to the hot skillet and cook them for about 6 minutes, or until browned. Flip and continue cooking for about 5 minutes longer, or until thoroughly cooked. Avoid overcooking. Put ¼ cup of chopped walnuts, slivered almonds, or pecans in a dry skillet. Place the skillet over medium heat and cook, shaking the skillet and stirring and turning the nuts constantly, until they are lightly browned and aromatic. This should take about 3 to 4 minutes. Pour the toasted nuts out onto a plate immediately to stop the cooking process. In a bowl, combine the diced, cooked chicken, cranberries, celery, onion, apple, and walnuts, if using. In a cup or small bowl, combine 4 tablespoons of mayonnaise, lemon juice, curry powder, if using, salt, and pepper. Stir the mayonnaise mixture into the chicken, adding more mayonnaise as needed for moisture and for flavor. Line the bread with lettuce leaves and spread the chicken salad on the lettuce. Or serve the chicken salad on lettuce-lined plates with slices of avocado or tomatoes.

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