

Across the Fence Apple Recipes – October 2017

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.

Fall Chicken Salad with Apples, Cranberries & Pecans

2 boneless, skinless chicken breasts
1 Tbsp. olive oil
1 tsp. salt
1 tsp. pepper
1 firm apple, skin left on, chopped,
about 1½ cup
½ cup dried cranberries

½ cup chopped unsalted roasted pecans
2 stalks of celery, chopped, about ½ cup
2 Tbsp. diced red onion
¾ cup mayonnaise (or Greek yogurt)
whole wheat bread
lettuce

Preheat oven to 400°F with the oven rack in the upper third. Drizzle the chicken breasts with olive oil, salt and pepper. Roast on a parchment lined baking sheet until the chicken breasts reach an internal temperature of 165°F. About 30 minutes. Remove from the oven and allow to cool to room temperature, about 15 minutes. Chop into ½-inch cubes, will be about 2 cups. In a medium size mixing bowl, combine the chopped chicken breasts, apple, dried cranberries, pecans, celery, onions and mayonnaise. Stir to combine. Serve the chicken salad on whole wheat bread with lettuce to serve as a sandwich, or in lettuce cups to serve as lettuce wraps. Will keep in an airtight container refrigerated for 5 days. The longer it sits in the fridge, the better the flavor!

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.

Judy Simpson's Recipes

Apple Donuts

Core and slice apples into ½-inch slices
Top with peanut butter, or caramel, sprinkles, dried cranberries, nuts, etc.

McIntosh Cake

1½ cups sugar	¾ tsp. salt
1 cup vegetable oil	2 tsp. baking soda
2 tsp. vanilla	1 Tbsp. cinnamon
4 large eggs	4 medium McIntosh apples, cored, and sliced but not peeled
¼ cup unsweetened apple juice	
3 cups unbleached flour	

Combine sugar, oil and vanilla in mixer bowl and beat at medium speed until thick, 3 minutes. Add eggs and apple juice, and beat at high speed until thick and lemon-colored, about three more minutes. Add dry ingredients and beat on low until combined. Batter will be thick. Add sliced apples. Beat on low speed for a few seconds, just long enough to break up apples, but not reducing them to a pulp. Spoon batter into a 10-inch tube pan heavily greased with solid shortening, not oil. Bake at 325°F for 1 hour and 25 minutes, or until tester comes out clean. Cool in pan 30 to 45 minutes, and then remove from the pan.

Lyn Jarvis' Recipes

Vermont Apple Slaw

½ cup mayonnaise	2 cups chopped apple
1 Tbsp. sugar	½ cup chopped celery
1 Tbsp. vinegar	¼ cup raisins
1 quart shredded cabbage	¼ cup chopped walnuts

Combine mayonnaise, sugar, and vinegar; mix well. Add remaining ingredients, mix lightly. Chill for several hours to blend flavors.

Apple Walnut Pie

¾ cup ground walnuts	½ cup raisins, optional
2 Tbsp. brown sugar	¾ cup sugar
2 Tbsp. beaten egg	2 Tbsp. all-purpose flour
1 Tbsp. milk	1 tsp. ground cinnamon
3 Tbsp. butter, softened	¼ tsp. ground nutmeg
¼ tsp. vanilla	¼ tsp. salt
1¼ tsp. lemon juice, divided	additional milk, optional
pastry for double-crust pie (9-inches)	
5 cups sliced peeled tart apples (about 6 medium)	

In a large bowl, combine the walnuts, brown sugar, egg, milk, 1 tablespoon butter, vanilla and ¼ teaspoon lemon juice. Line a 9-inch pie plate with bottom pastry; trim even with edge of plate. Spread nut mixture over crust. In a large bowl, toss apples with remaining lemon juice and raisins. Combine the sugar, flour, cinnamon, nutmeg and salt; toss with apples. Spoon over the nut mixture; dot with remaining butter. Roll out remaining pastry; making a lattice crust. Trim, seal and flute edges. Brush top with additional milk if desired. Bake at 375°F for 50 to 60 minutes or until golden brown. Serve warm.

Yield: 6 to 8 servings.

Autumn Apple Bread

¼ cup butter	1 tsp. baking soda
⅔ cup sugar	1 tsp. salt
2 eggs well beaten	2 cups coarsely grated raw apple
2 cups sifted all-purpose flour	1 Tbsp. grated lemon peel
1 tsp. baking powder	⅔ cup chopped walnuts

Peel and core the apples. Chop coarsely in a food processor and remove. Process sugar and butter until blended. Add eggs and process for 20 seconds. Mix flour, baking soda, baking powder, and salt. Add alternately with apples to sugar, shortening, and egg mixture, processing for 10 seconds after each addition. Add grated lemon peel and walnuts and process for 3 seconds. Bake in a greased and floured loaf pan (8x5x3-inches) at 350°F for 50 to 60 minutes. Do not slice until cold. If you do not have a food processor, follow the above sequence but chop apples with a knife. This delightful quick bread will enhance any meal but is particularly good toasted for breakfast.

Slow Cooker Apple Pork Roast

3 apples with peel, cored and cut into 8 wedges	¼ tsp. salt, or to taste
1 small red onion, roughly chopped	½ tsp. black pepper, or to taste
⅛ tsp. ground cinnamon, or to taste	1 jar (12 oz.) cinnamon-flavored applesauce
3 to 4 lbs. pork shoulder roast	¼ tsp. cinnamon, or to taste

Place the apples and onion into the bottom of a slow cooker, and sprinkle with ¼ teaspoon cinnamon. Rub the pork roast with salt and pepper, and place it on the layer of apples and onions in the slow cooker. Pour the applesauce over the roast, and dust the top with ¼ teaspoon cinnamon. Cook on HIGH setting for 8 hours. Serve the roast topped with the sauce, apples, and onions. Recipe may be doubled for large crowds.

Marco Ayala's Recipes

Apple Capirotada

1 loaf (24-inch) French bread, cubed
and toasted
2 cups light brown sugar
2 cups water
½ tsp. cinnamon
¼ tsp. ground cloves

1 cup shredded Monterey Jack cheese
½ cup walnuts, toasted and chopped
⅓ cup raisins
⅓ cup dried apricots, chopped
2 McIntosh apples, chopped
4 Tbsp. butter, melted, divided

Preheat oven to 350°F. Grease a 12-inch cast iron skillet or an 8-inch square baking pan; set aside. In a medium saucepan combine the brown sugar, water, cinnamon, and cloves and bring to a boil. Boil for 10 minutes, or until it's slightly thickened and reduced. In a large bowl, place half of the bread and drizzle with half of the melted butter; toss to coat. Drizzle about ¼ cup of the syrup over the bread and again toss to coat. Transfer the bread mixture to the skillet or pan and arrange in a single layer. On top of the bread sprinkle the cheese, then the nuts, raisins, dried apricots and apples. Place the remaining bread in the large bowl and drizzle with the remaining melted butter, tossing to coat. Pour the rest of the syrup over the bread and again toss to coat, ensuring that each piece of bread is properly coated in syrup. Pour this mixture on top of the cheese/nut/raisin/apricot/apple layer in the baking skillet or dish. Arrange the bread so that it is in one layer and pour any excess syrup in the bowl over the bread. Cover with foil and bake for 20 minutes. Remove the foil and bake for an additional 15 minutes. Serve warm or at room temperature

Cooking tips: How to store apples? Though they're at their best when they're freshly picked in autumn, apples that ship and store well are available year-round. When you get them home, store in a dry, cool place. They'll keep best if the individual apples don't touch: It's true; one bad apple spoils the bunch! If you store them in the fridge, keep them away from lettuce and other delicate produce, as the ethylene gas naturally produced by apples causes fruits and vegetables to ripen and/or spoil faster.

Quesadillas with Apples

2 cups shredded sharp Cheddar cheese
6 flour tortillas
1 large or Honey Crisp apple, cored and thinly sliced
sliced ham or turkey, optional
canola spray oil

Spray a large skillet with oil and heat over low-medium heat. Heat tortillas on one side until lightly browned. On browned side of the tortilla, sprinkle 2 tablespoons cheese. Arrange apple slices, barely overlapping, on top of each pile of cheese then sprinkle 2 more tablespoons of cheese over apples on each tortilla. Top with a ham or turkey slice, if desired. Fold tortilla in half. Place quesadilla back on the skillet, gently flipping once, until cheese is melted and tortilla is golden brown on both sides, 2 to 3 minutes per side. Transfer to plate and repeat with remaining quesadillas. Serve with salsa and/or sour cream. **Yield:** 3 to 4 servings.

Viewer's Recipes

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 Vermont 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.

Chipmunk Pie

Eddie Ackerman – Fairlee, Vt.

1 egg	1¼ tsp. baking powder
¾ cup sugar	pinch of salt
1 tsp. vanilla	2 cups chopped apples
5 Tbsp. flour	½ cup chopped nuts, optional

Beat eggs, sugar and vanilla. Sift flour, baking powder and salt; add to egg mixture. Add apples and chopped nuts, if desired. Bake in a greased pie pan at 350°F for 20 minutes

Apple Carrot Cake

Joyce Humphrey – East Burke, Vt.

1 cup sugar	¼ tsp. salt
4 eggs	1 tsp. cinnamon
1 tsp. vanilla	⅛ tsp. each nutmeg, ginger and cloves
1½ cups vegetable oil	1½ cups grated carrots
2 cups flour	1½ cups chopped or grated apples
½ tsp. baking soda	1 cup chopped nuts
2 tsp. baking powder	

Combine sugar, eggs, vanilla and oil. Sift together dry ingredients. Stir into wet ingredients and add carrots, apples and nuts. Pour batter into 9x13x2-inch pan and bake in a 325°F oven for 60 to 70 minutes. Good with ice cream or frost with **Cream Cheese Frosting**.

Cream Cheese Frosting

2 pkgs. (8 oz. each) cream cheese, softened
½ cup butter, softened

2 cups confectioner's sugar, sifted
1 tsp. vanilla

In a medium bowl, cream together the cream cheese and butter until creamy. Mix in the vanilla, and then gradually stir in the confectioner's sugar. Spread frosting over cake. Store in refrigerator after use.

Apple Bars

Gail Morin, Peru, N.Y.

¾ cup flour
1½ cup shortening
3 Tbsp. sugar
¾ tsp. salt
1 egg yolk with enough milk to make 1
cup liquid

1 cup crushed corn flakes crumbs
4 cups thinly sliced apples, peeled
1½ cups sugar
1 tsp. cinnamon
2 tsp. lemon juice
confectioner's sugar

Sift dry ingredients. Cut in shortening. Add milk/egg mixture and combine like pie crust. Chill dough in the refrigerator. Take ½ of pie crust mix. Roll to fit 15x10x1-inch pan. Place over pan and extend to cover sides of the pan. Sprinkle corn flakes crumbs over crust. Arrange sliced apples over crust. Sprinkle cinnamon and sugar evenly over apples. Fit on top crust. Make slits all over top crust. Beat egg white until frothy. Spread with pastry brush over top crust. Bake at 375°F for 35 to 45 minutes or until golden. Remove from oven. Mix lemon juice with enough confectioners' sugar to make a runny glaze. Drizzle over entire apple bars. Let cool slightly and cut into bars.

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