

Across the Fence

Apple Recipes – October 2011

Carolyn Peake's Recipes

Apple Bean Bake

4 Tbsp. butter	1 Tbsp. molasses
2 large Granny Smith apples, cubed	1 can (24 oz.) Great Northern beans, undrained
½ cup brown sugar	1 can (24 oz.) pinto beans, undrained
¼ cup sugar	Ham chunks, optional
½ cup ketchup	
1 tsp. cinnamon	

Melt butter in large frying pan. Add apples and cook until tender. Stir in the sugars and cook until they melt. Add ketchup, cinnamon and molasses and stir well. Mix in the beans and ham and pour into slow cooker. Cover and cook on high for 2 to 4 hours. Yield: 10 to 12 servings.

Nutty Apple Salad

2 cups cubed tart apples	½ tsp. sugar
2 cups thinly sliced celery	¼ tsp. vanilla extract
2 cups halved seedless grapes	3 Tbsp. mayonnaise
1 can (8 oz.) pineapple tidbits	3 Tbsp. peanut butter
1 cup miniature marshmallows	½ cup mixed nuts, optional
½ cup cold evaporated milk	

In a large bowl, combine apples, celery, grapes, pineapple and marshmallows. In a chilled mixing bowl, beat milk until frothy. Add sugar and vanilla, then beat in mayonnaise and peanut butter. Pour over apple mixture and stir until coated. Cover and refrigerate. Just before serving, add nuts if desired. Yield: 12 to 14 servings.

Apple Cider Sundaes

1½ cups apple cider	½ tsp. ground cinnamon
⅓ cup sugar	1½ cups finely chopped peeled tart apples
2 Tbsp. cornstarch	Vanilla ice cream
½ tsp. lemon juice	

In saucepan combine cider, sugar, cornstarch, lemon juice, and cinnamon; stir until smooth. Add apples and bring to a boil. Boil and stir for two minutes. Remove from heat and cool slightly. Serve over ice cream or even pudding. Yield: about 2 cups topping.

Lyn Jarvis' Recipes

Apple Fluff

1 cup chopped apples (tart)	2 Tbsp. flour
½ cup chopped nuts	1½ tsp. baking powder
1 egg	1 tsp. vanilla
¾ cup sugar	

Beat egg stiff and gradually add sugar. Beat like crazy until fluffy. Mix all ingredients quickly and spread in buttered 9-inch pie plate dusted with flour. Bake at 350°F for about 30 minutes.

Apple-Cream Cheese Bundt Cake

Cream Cheese Filling:

1 pkg. (8 oz.) cream cheese, softened
¼ cup butter, softened
½ cup granulated sugar
1 large egg
2 Tbsp. all-purpose flour
1 tsp. vanilla extract

1 tsp. ground nutmeg
½ tsp. ground allspice
3 large eggs, lightly beaten
¾ cup canola oil
¾ cup applesauce
1 tsp. vanilla extract
3 cups peeled and finely chopped Gala apples (about 1½ lbs.)

Apple Cake Batter:

1 cup finely chopped pecans
3 cups all-purpose flour
1 cup granulated sugar
1 cup firmly packed light brown sugar
2 tsp. ground cinnamon
1 tsp. salt
1 tsp. baking soda

Praline Frosting:

½ cup firmly packed light brown sugar
¼ cup butter
3 Tbsp. milk
1 tsp. vanilla extract
1 cup powdered sugar

Prepare Filling: Beat first 3 ingredients at medium speed with an electric mixer until blended and smooth. Add egg, flour, and vanilla; beat just until blended. **Prepare Batter:** Preheat oven to 350°F. Bake pecans in a shallow pan 8 to 10 minutes or until toasted and fragrant, stirring halfway through. Stir together 3 cups flour and next 7 ingredients in a large bowl; stir in eggs and next 3 ingredients, stirring just until dry ingredients are moistened. Stir in apples and pecans. Spoon two-thirds of apple mixture into a greased and floured 14-cup Bundt pan (10 cup pan can be used). Spoon Cream Cheese Filling over apple mixture, leaving a 1-inch border around edges of pan. Swirl filling through apple mixture using a paring knife. Spoon remaining apple mixture over Cream Cheese Filling. Bake at 350° for 1 hour to 1 hour and 15 minutes or until a long wooden pick inserted in center comes out clean. Cool cake in pan on a wire rack 15 minutes; remove from pan to wire rack, and cool completely (about 2 hours). **Prepare Frosting:** Bring ½ cup brown sugar, ¼ cup butter, and 3 Tbsp. milk to a boil in a 2-qt. saucepan over medium heat, whisking constantly; boil 1 minute, whisking constantly. Remove from heat; stir in vanilla. Gradually whisk in powdered sugar until smooth; stir gently 3 to 5 minutes or until mixture begins to cool and thickens slightly. Pour immediately over cooled cake. Yield: 12 servings.

Bacon-Apple Cider Squares

2 cups all-purpose flour
2 tsp. baking powder
2 tsp. brown sugar
½ tsp. salt
¼ tsp. baking soda

¼ tsp. apple pie spice
8 Tbsp. cold butter, cubed, divided
5 bacon strips, cooked and crumbled
¾ cup apple cider or juice
⅛ tsp. ground cinnamon

In a large bowl, combine the first six ingredients. Cut in 7 tablespoons butter until mixture resembles coarse crumbs. Add bacon. Stir in cider just until combined. Turn onto a lightly floured surface; knead 8 to 10 times. Roll into a 10x6-inch rectangle. Melt remaining butter; brush over dough. Sprinkle with cinnamon. Cut into 12 rectangles. Place 1-inch apart on an ungreased baking sheet. Bake at 450° for 12 to 15 minutes or until golden brown. Serve warm. Yield: 12 squares.

Blueberry Glacé Pie

1st Place Men's Division at The Champlain Valley Fair 2011

Baked 9-inch pie shell	¼ cup water
2 pints (4 cups) fresh blueberries	1 Tbsp. butter
¾ cup sugar	1 Tbsp. lemon juice
3 Tbsp. cornstarch	

Combine sugar, cornstarch, water and 2 cups of blueberries in saucepan. Cook over medium heat, stirring constantly until mixture boils, thickens and becomes clear. Mixture will be quite thick. Remove from heat and stir in butter and lemon juice. Cool. Place remaining blueberries (2 cups) in pie shell. Top with cooled, cooked berries. Chill about 2 hours. Serve with whipped cream. Other fruits can be substituted. Yield: 6 to 8 servings.

Pork with Apples and Vegetables

1 lb. pork tenderloin, trimmed and sliced in ½ -inch thick rounds	1 bag (16 oz.) frozen mixed vegetables (broccoli, carrots, and cauliflower)
¼ tsp. salt	1 cup chicken broth
¼ tsp. each minced garlic and dried rosemary	1 medium-size red-skinned apple, cored, and cut in ¾-inch chunks
2 Tbsp. butter or margarine	Pepper to taste
3 cups frozen Southern-style hash brown potatoes	

Season pork with salt and pepper. In a large skillet, melt 1 tablespoon butter over medium-high heat. Add pork and cook 2 minutes per side or until browned. Remove; cover with foil to keep warm. Add remaining 1 tablespoon butter, garlic, rosemary, and potatoes to skillet. Cook, stirring to mix and scrape up browned bits from bottom of skillet, 2 minutes or until potatoes are lightly browned. Stir in remaining ingredients; cover and simmer 7 minutes or until vegetables are crisp-tender. Return pork (and accumulated juices) to skillet, cover and cook about 2 minutes, until meat is no longer pink in the middle. Yield: 6 to 8 servings.

Heather Fischer's Recipes

S'MORES Whoopee Pies

1st Place King Arthur® Best Whoopee Pie Contest at The Champlain Valley Fair 2011

Cakes	1 cup packed brown sugar
2 cups all-purpose flour	1 large egg
½ cup unsweetened cocoa powder	
1¼ tsp. baking soda	Filling
1 tsp. baking powder	1 stick (½ cup) unsalted butter, softened
1 tsp. salt	1¼ cups confectioner's sugar
½ cup semi-sweet chocolate chips, chopped	2 cups marshmallow cream
1 cup milk	2 whole graham crackers, broken up and slightly crushed
1 tsp. vanilla	Chocolate spread such as Nutella®
1 stick (½ cup) unsalted butter, softened	

Preheat oven to 350°F. Mix together flour, cocoa, baking soda, baking powder, salt and chocolate chips in a bowl until combined. Stir together milk and vanilla in a bowl until combined. Beat together butter and brown sugar in a large bowl with an electric mixer at medium-high speed until pale and fluffy, about 3 minutes.

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Reduce speed to low and add egg until blended. Then alternately, mix in flour mixture and milk in batches, beginning and ending with flour, scraping down sides of the bowl occasionally, and mixing until smooth. Spoon mounds of batter about 2 inches apart onto 2 greased baking sheets lined with parchment paper. Bake until tops are puffed and cakes spring back when touched, 11 to 13 minutes. Transfer with a metal spatula to a rack and cool completely.

To make **Filling**: Beat together butter, confectioners' sugar, and marshmallow in a bowl with an electric mixer at medium speed until smooth, about 3 minutes. Add crushed graham crackers. Spread a layer of chocolate spread on both sides of round cakes. Spread a rounded tablespoon of marshmallow filling on one side and top with other side. Wrap individual whoopee pies in plastic wrap and place in refrigerator for at least one hour. Before serving roll edges of whoopee pies in crushed graham crackers and/or chocolate pieces.

Apple Upside Down Cake

Topping

2 medium apples

4 Tbsp. butter

¾ cup packed light brown sugar

2 Tbsp. apple cider or thawed frozen apple juice concentrate

¼ tsp. ground cinnamon

½ cup light corn syrup

Cake

¾ cup canola oil

1 cup brown sugar, firmly packed

2 Tbsp. apple cider or thawed frozen apple juice concentrate

2 large eggs

1½ tsp. ground cinnamon

¼ tsp. ground ginger

⅛ tsp. ground cloves

½ tsp. salt

1 tsp. baking soda

1½ cups all-purpose flour

1 large apple, peeled and finely chopped

¾ cup chopped pecans or walnuts, optional

¼ tsp. ground cinnamon

Preheat oven to 350°F. Lightly grease a 9-inch round cake pan at least 2-inches deep. Line the bottom with parchment and lightly grease. Peel, core and slice the apples into ¼-inch thick wedges. Arrange the sliced apples in a ring around the bottom of the pan. Prepare the topping by heating the butter, sugar, cider, cinnamon, and corn syrup together over low heat, stirring until the sugar is dissolved. Pour ½ cup of the syrup mixture into the prepared pan, and set the rest aside.

For the cake: Beat the oil, brown sugar, cider, eggs, spices, and salt together for 2 minutes at medium speed. Mix the flour with the baking soda, and stir it into the batter. Add the chopped apple and nuts, and mix until just blended. Drop scoops of the batter atop the apples in the pan, gently spreading to cover. Bake the cake for 50 to 55 minutes, or until a cake tester inserted near the center comes out clean. Remove the cake from the oven, and run a thin spatula around the edge to loosen. Let the cake cool in the pan for 5 minutes, then turn it out onto a serving plate, bottom side up. Scrape out any sauce that remains in the pan, and spread it over the cake. Reheat the reserved topping. If butter starts to separate as you reheat, add water by the teaspoon and stir until the butter rejoins the rest of the sauce. Pour the sauce over the cake. Serve cake warm or at room temperature, with whipped cream if desired.

Couscous with Apples and Cranberries

Couscous:

2 Tbsp. olive oil
2 cups Israeli couscous
4 cups low-sodium chicken broth
¼ cup chopped fresh flat-leaf parsley
1½ Tbsp. chopped fresh rosemary leaves
1 tsp. chopped fresh thyme leaves
1 medium green apple, diced
1 cup dried cranberries
½ cup slivered almonds, toasted

Vinaigrette:

¼ cup apple cider vinegar
2 Tbsp. Vermont maple syrup
1 Tbsp. kosher salt
½ tsp. freshly ground black pepper
¼ cup olive oil

For the couscous: In a medium saucepan, heat the olive oil on medium-high heat. Add the couscous and cook, stirring occasionally until slightly browned and aromatic, about 3 to 5 minutes. Add the chicken broth and bring to a boil. Simmer for 10 to 12 minutes or until the liquid has evaporated. Transfer the cooked couscous to a large bowl and set aside to cool. Add the parsley, rosemary, thyme, apple, dried cranberries, and almonds. **For the vinaigrette:** In a small bowl, combine the vinegar, maple syrup, salt, and pepper. Whisk in the olive oil until smooth. Pour the vinaigrette over the couscous and toss to coat evenly. Note: To toast the almonds either place them in a skillet until lightly browned or put them in a 350°F oven for 8 to 10 minutes.

Viewer's Recipes

Betty's Easy Apple Pudding

Betty Lockerby, Isle La Motte, Vt.

4 cups apples, peeled and thinly sliced	1½ cups water
1 cup brown sugar	½ cup butter, melted
1 tsp. cinnamon	1 pkg. (18.25 oz.) white cake mix
2 Tbsp. tapioca "cook and serve" pudding	

Preheat oven to 350°F. Spray a 13x9x2-inch cake pan with cooking spray. Place apples in bottom of pan. Sprinkle brown sugar, cinnamon and tapioca pudding over top. Pour water over all. Pour cake mix over and top with melted butter. Bake for 45 minutes or until golden brown. Serve with whipped cream or ice cream. **Note:** A few chopped walnuts could be added to the apples. Spice cake can be substituted for white cake.

Mother Perrin's Apple Roll

Marilyn Perrin, Colchester, Vt.

Dough

2 cups flour
2 tsp. baking powder
¼ cup sugar
⅓ cup butter
1 egg in a cup to fill to ⅔ with milk

Filling

1 ½ to 2 Tbsp. warm butter
1 Tbsp each sugar and cinnamon, mixed
3 cups apples, peeled and finely chopped

Syrup

1 cup warm Vermont maple syrup

Mix dough ingredients together and knead 12 to 15 times. On a board, roll out about ¼-inch thick to make 9 slices. Mix filling ingredients and spread on dough. Roll up quickly, jelly roll style and cut into 9 slices. Pour warm syrup into 8x8x2-inch pan and top with slices. Let rise and bake at 375°F for about 20 minutes. Delicious served with whipped cream or topping.

Swedish Apple Pie

Flossie Gardener, Shelburne, Vt.

4 or 5 apples, peeled and sliced	1 cup sugar
1 cup flour	1½ sticks butter, melted
1 egg	½ cup chopped nuts
1 tsp. cinnamon	1 Tbsp. sugar

Fill a buttered 9-inch pie plate (or 8x8x2-inch pan) with apples. Mix 1 Tbsp. sugar and cinnamon and sprinkle over apples. Mix flour, egg, butter, nuts and 1 cup sugar. Sprinkle over apples. Bake at 350°F for 45 minutes or until golden brown.

Apples in Vermont Maple Syrup, circa 1935

Liz Pecor, Monkton, Vt.

Cut eight apples into halves, remove cores and put in 11x14x2-inch baking dish, flat side up, with one cup of maple syrup, two tablespoons of butter and one and a half cups water. Bake at 400°F for 30 to 35 minutes or until the apples are soft and the syrup thick, basting occasionally.

Savory Bacon Bread Pockets

Sandi Niquette, Colchester, Vt.

1st Place Fleischmann's® Yeast Best Whole Grain Bread Contest at The Champlain Valley Fair 2011

12 oz. bacon, chopped	½ tsp. sugar
4 oz. ham, diced	¼ cup warm water
1 onion, chopped	1½ cups hot tap water
½ tsp. paprika	¼ cup bacon grease
1 tsp. brown mustard	½ Tbsp. salt
1 Tbsp. Worcestershire sauce	¼ cup molasses
½ cup sour cream	½ cup rye flour
¼ tsp. garlic powder	2 cups whole-wheat flour
⅛ tsp. black pepper	2 cups all-purpose flour
1 pkg. Fleischmann's® active dry yeast	

Fry bacon until crispy; drain and set aside bacon grease for use in bread. Add onion and ham and sauté until onions are lightly colored and soft. Add paprika, mustard, Worcestershire sauce, garlic powder and pepper. Set aside and allow to cool. Dissolve yeast and sugar in ¼ cup warm water and set aside to proof for 10 minutes. In a large bowl, mix tap water, bacon grease, salt, and molasses. Stir in yeast mixture. Add rye and wheat flours and mix well. Add 1½ cups white flour and mix thoroughly. Knead in additional flour as needed until dough is smooth and elastic. Cover and let rise until double in bulk. Turn dough out onto greased baking sheet that has been dusted with cornmeal. Roll or pat dough flat to almost cover the baking sheet. With a knife, score dough into 12 equal squares. Add sour cream to the bacon mixture and place an even amount of this on each square of dough. Fold up edges of the dough to cover the filling. Bake at 350°F for 30 minutes.

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