

# *Across the Fence*

## Apple Recipes – October 2019

### Marco Ayala's Recipes

#### Apple Pie Baked Apples

½ recipe homemade pie crust	½ cup granulated sugar
1 tsp. cornstarch	1 tsp. vanilla
1 Tbsp. warm water	1 large egg
5 large, perfectly round and firm apples	1 tsp. milk
1 tsp. cinnamon	

**Prepare the pie crust**, including allowing it to chill for at least 2 hours. I usually prepare it the night before and leave it in the refrigerator until the next day when it's time to begin the apples. The colder the pie crust, the better.

**Make the apple filling:** In a very small bowl, mix the cornstarch and warm water together until smooth, creamy, and the cornstarch has dissolved. Set aside. Peel and dice 1 apple. In a medium saucepan over medium heat, cook the apple pieces, cornstarch/water mixture, cinnamon, and sugar. Stir constantly for 5 minutes. Switch to low heat and allow to simmer for 5 minutes. Remove from heat, stir in the vanilla, and allow to cool for 20 minutes. On a floured work surface, roll out the pie dough. Turn the dough about a quarter turn after every few rolls until you have a circle 10 to 11 inches in diameter. Cut into fourths, as if you were cutting a pizza. Then, cut each quarter into ¼-inch wide strips. I like to chill the strips as I cut out the apples. I suggest putting them on a large cutting board and placing in the fridge. Remember, you always want your pie dough to be COLD. Preheat oven to 375°F. Slice off the tops of the 4 remaining apples. Using a spoon (or melon baller), dig out the core. It doesn't have to look perfect. Spoon the prepared apple filling into the cored-out apples. You may have some filling leftover (it's great warmed up over vanilla ice cream). Lay 3 to 4 strips of the pie dough on top of the apple. Then, working with one new strip at a time, alternate weaving it over and under the dough strips already in place. Repeat until the top of the apple has been covered in this lattice style crust. Using a sharp paring knife, trim excess pie crust around the edges. Repeat with remaining apples and pie dough strips. Place apples into an 8 or 9-inch square baking pan or pie dish— really any size baking pan works. In a small dish, whisk the egg and milk together. Lightly brush the tops with egg wash. Bake for 25 to 30 minutes or until the crust is browned and filling is bubbly. If desired, drizzle with salted caramel. **Yield:** 4 servings.

#### Honey Roasted Apples

2 Granny Smith apples	3 Tbsp. unsalted butter
2 Braeburn or similar apples	⅓ cup honey
2 Tbsp. fresh lemon juice	½ tsp. kosher salt

Pre-heat oven to 425°F. Remove the core and cut apples into 1-inch chunks; toss with lemon juice. Heat a cast iron skillet on medium high heat with the butter in it. When the butter begins to brown, add the apples and kosher salt. Sauté for 5 to 7 minutes until the edges start turning a rich brown color. Add the honey and put in oven for about 8 to 10 minutes. The apples should be tender but not mushy and richly caramelized. **Yield:** 6 to 8 servings.

## **Cinnamon-Apple Pork Chops**

2 Tbsp. butter, divided	½ tsp. nutmeg
4 boneless pork loin chops (4 oz. each)	¼ tsp. salt
3 Tbsp. brown sugar	4 medium tart apples, thinly sliced
1 tsp. cinnamon	2 Tbsp. chopped pecans

In a large skillet, heat 1 tablespoon butter over medium heat. Add pork chops; cook 4 to 5 minutes on each side or until a thermometer reads 145°F. Meanwhile, in a small bowl, mix brown sugar, cinnamon, nutmeg and salt. Remove chops; keep warm. Add apples, pecans, brown sugar mixture and remaining butter to pan; cook and stir until apples are tender. Serve with chops. **Yield:** 4 servings

## **Almond & Apple Rose Tarts**

2 tsp. sugar	All-purpose flour, for dusting and rolling
¼ tsp. ground cardamom	1 sheet frozen puff pastry, thawed in the refrigerator
¼ tsp. ground cinnamon	3 Tbsp. almond paste
Pinch of salt	
4 cups very thinly sliced red apples	

Preheat oven to 400°F. Lightly coat a 12-cup muffin tin with cooking spray. Combine sugar, cardamom, cinnamon and salt in a large bowl. Add apples and toss to coat. Dust a clean work surface with flour. Unfold the thawed, cold puff pastry and roll it out to a 10-inch square. Cut into 1-inch strips. Dust the surface again; roll almond paste into a 5x8-inch rectangle. Cut into 10 strips, ½-inch by 8-inches. Top each pastry strip with an almond strip and layer on apples lengthwise, leaving a 1-inch gap at each end. Starting at a short edge, gently tuck the overhanging pastry around the cut side of the apples and tightly roll up the pastry into a coil. Place in the prepared muffin tin. Place the tin in the freezer for 5 minutes. Bake the tarts until golden brown, 20 to 25 minutes. Let cool for 5 minutes before serving. **Note:** To make ahead: Refrigerate for up to 1 day. Reheat slightly before serving. **Yield:** about 12 tarts.

## **Healthy Apple Salad**

### **Dressing:**

½ cup Greek yogurt  
2 Tbsp. mayonnaise  
3 Tbsp. lemon juice, freshly squeezed  
¾ tsp. kosher salt  
¼ tsp. black pepper

### **Salad:**

4 cups baby spinach, rinsed and spin dried  
2 stalks celery, chopped  
¼ cup red onion, thinly sliced  
¼ cup raisins  
½ cup walnuts (or pecans), roughly chopped  
1 apple, cored and thinly sliced  
⅓ cup Cheddar, shredded

To make the dressing: place yogurt, mayonnaise, lemon juice, and salt and pepper in a bowl. Give it a whisk. Set aside. To make the salad: Place spinach, celery, red onion, raisins, walnuts, and apple slices in a large salad bowl. Drizzle it with the dressing and give it a gentle toss. When ready to serve, top it off with shredded Cheddar.

## **Homemade Apple Cider**

10 apples, quartered  
¾ cup sugar

1 Tbsp. cinnamon  
1 Tbsp. allspice

Place apples in a large stockpot and add enough water to cover by at least 2 inches. Stir in sugar, cinnamon, and allspice. Bring to a boil. Boil, uncovered, for 1 hour. Cover pot, reduce heat, and simmer for 2 hours. Strain apple mixture through a fine mesh sieve. Discard solids. Drain cider again through a cheesecloth-lined sieve. Refrigerate until cold.

## **French Apple Cake**

Cooking spray or butter, for coating the pan  
8 Tbsp. unsalted butter  
3 medium apples, such as Jonagold, Pink Lady, Honeycrisp or Fuji, or a mix  
1 cup all-purpose flour  
1 tsp. baking powder  
¼ tsp. salt  
2 large eggs, at room temperature  
¾ cup packed light brown sugar  
¼ cup spiced rum  
1 tsp. vanilla  
Confectioner's sugar, for serving

Arrange a rack in the middle of the oven and heat to 350°F. Meanwhile, coat an 8-inch round cake pan with cooking spray or butter, then line the bottom with a round of parchment paper. Melt 1 stick (8 tablespoons) unsalted butter. Peel, core, and dice 3 apples. Whisk 1 cup all-purpose flour, 1 teaspoon baking powder, and ¼ teaspoon salt together in a medium bowl. Whisk 2 eggs in a large bowl until fluffy. Add the melted butter, ¾ cup packed light brown sugar, ¼ cup spiced rum, and 1 teaspoon vanilla, and whisk to combine. Add the flour mixture and stir with a wooden spoon or rubber spatula until just combined. Add the apples and fold until just combined. Transfer the batter to the prepared pan and smooth the top. Bake until a toothpick inserted in the center comes out clean, about 40 minutes. Let cool for 15 minutes before carefully removing from pan (loosen the sides by running a thin knife around the edge if needed first). Dust with powdered sugar and serve.

## **Recommended apples for baking:**

**Jonagold:** Tart with a honeyed sweetness, Jonagolds hold up exceptionally well in the oven. They don't store well, however, so use them early in the fall at their peak.

**Honeycrisp:** Its shatteringly crisp texture is guaranteed to hold firm, whether they show up in apple dumplings or an elegant tarte Tatin.

**Braeburn:** This superbly crisp apple has a concentrated taste and bakes up juicy but not mushy.

**Mutsu:** Also known as Crispin, this firm-fleshed, less tart option is similar in flavor to a Golden Delicious. But it excels when it comes to structure, keeping more of a solid firmness. Mutsus are great for pies or other recipes that call for gentle cooking.

## Carolyn Peake's Recipes

### Slow-Cooked Applesauce

6 lbs. apples peeled and sliced (about 18 medium apples)  
1 cup sugar  
1 cup water

1 tsp. ground cinnamon  
¼ cup butter, cubed  
2 tsp. vanilla

In a 5-qt slow cooker, combine the apples, sugar, water and cinnamon. Cover and cook on LOW for 6 to 8 hours or until the apples are tender. Turn off the heat and stir in the butter and vanilla. Mash if desired. Serve warm or cold.

### Apple Bread

3 cups all-purpose flour  
2 cups sugar  
2 tsp. ground cinnamon  
1 tsp. baking soda  
½ tsp. baking powder

4 large eggs, room temperature  
1 cup canola oil  
½ tsp. vanilla  
2 cups peeled, chopped apples  
1 cup coarsely chopped walnuts

Preheat oven to 350°F. Line two greased 8x4-inch loaf pans with parchment and grease parchment. Whisk together first five ingredients. In another bowl, whisk together eggs, oil and vanilla. Add to the flour mixture, stirring just until moistened (batter will be thick). Fold in apples and walnuts. Divide the batter into the two pans. Bake about 50 to 55 minutes or until a toothpick inserted into the center comes out clean. Cool in pans for about 10 minutes, then remove to a wire rack to finish cooling. **Yield:** 2 loaves.

**To freeze:** Securely wrap the loaves in plastic and foil, then freeze. Before using, thaw at room temperature.

### Caramel Apple Oatmeal Crisp

1 pouch oatmeal cookie mix  
½ cup butter, melted  
5 to 6 large apples, peeled and coarsely chopped (about 6 cups)  
1 cup caramel topping, divided  
2 tsp. ground cinnamon

Heat oven to 350°F. Spray bottom and sides of a 9x13x2-inch glass baking dish with cooking spray. In a bowl, combine cookie mix and melted butter until crumbly and set aside. In a large bowl, toss apples, ½ cup of the caramel topping and cinnamon. Spoon into the baking dish and sprinkle with cookie mixture. Bake for 35 to 40 minutes or until topping is golden brown and apples are tender. In a small microwavable dish, microwave remaining ½ cup caramel topping uncovered on high for 20 seconds. Drizzle over crisp and serve warm.

## **Apple Chicken Stew**

¾ tsp. dried thyme  
½ tsp. pepper  
¼ to ½ tsp. caraway seeds  
1½ lbs. potatoes (about 4) cut into ¾-inch pieces  
4 medium carrots cut into ¼-inch slices  
1 medium red onion, halved and sliced  
1 celery rib, thinly sliced

2 lbs. boneless chicken, cut in 1-inch pieces  
2 Tbsp. olive oil  
1 bay leaf  
1 large tart apple, peeled, cut into 1-inch cubes  
1 Tbsp. cider vinegar  
1¼ cups apple cider or juice  
Minced fresh parsley

Mix first three ingredients. In a 5-qt. slow cooker, layer vegetables and sprinkle with half the thyme-pepper-caraway seed mixture. Toss the chicken with oil and remainder of thyme-pepper-caraway seed mixture. Over medium heat in a large skillet, brown the chicken in batches. Add to slow cooker. Top with bay leaf and apple. Add vinegar and cider. Cook, covered, on HIGH, until chicken is no longer pink and vegetables are tender, 3 to 3½ hours. Discard bay leaf. Stir before serving. Sprinkle with parsley.

## **Viewer's Recipes**

### **Apple Cobbler**

**Louise Lessard, Danville Vt.**

#### **For filling**

5 cups sliced, peeled apples  
1 cup of granulated sugar  
½ cup water  
2 Tbsp. butter  
2 Tbsp. all-purpose flour  
½ tsp. of cinnamon  
¼ tsp. nutmeg

#### **For the topping**

1 cup all-purpose flour  
2 Tbsp. granulated sugar  
1½ Tbsp. baking powder  
¼ tsp. salt  
¼ cup of vegetable shortening  
1 egg, slightly beaten  
¼ cup milk  
½ tsp. vanilla

Preheat oven to 400°F. **For filling;** combine apples, 1 cup sugar, water, butter, 2 Tbsp. flour, cinnamon, and nutmeg in a large saucepan. Cook and stir on medium heat until mixture comes to boil and thickens. Stir and simmer for one minute. **For topping;** combine flour, 2 Tbsp sugar, baking powder, and salt. Cut in shortening until coarse crumbs form. Combine egg, milk, and vanilla in a small bowl. Add at once to the flour mixture. Stir just until moistened. Place the hot apple mixture into an 8-inch square baking pan and drop biscuit mixture in small mounds on top of hot fruit. Bake at 400°F oven for 20 minutes or until golden brown. Serve warm with ice cream if desired.

### **Caramel Crunch Apple Pie**

**Robin Arnold, Orwell, Vt.**

28 Kraft caramels  
2 Tbsp. water  
9-inch unbaked pie shell  
4 cups apple slices  
¾ cup all-purpose flour

⅓ cup sugar  
½ tsp. ground cinnamon  
⅓ cup margarine  
½ cup chopped walnuts

In saucepan combine caramels with water; cook and stir over low heat till smooth. In pie shell layer apples and caramel sauce. In medium mixing bowl combine flour, sugar, and cinnamon. Cut in margarine till mixture resembles coarse crumbs. Stir in nuts, sprinkle crumb mixture over apples and caramel sauce. Bake at 375°F for 40 to 45 minutes or till apples are tender. Cool; store in refrigerator.

## Apple Loaf

Kathy Merchant, Barre, Vt.

4 cups diced, peeled McIntosh apples	2 tsp. baking soda
2 cups, plus 2 tsp. sugar	2 tsp. ground cinnamon
2 sticks butter, 1 cup	2 large eggs
3 cups all-purpose flour	1 tsp. vanilla

Mix apples and 2 cups sugar in a large bowl. Leave at room temperature 2 hours, stirring occasionally. Heat oven to 325°F. Grease two 8½ x 4½ -inch loaf pans. Melt butter and let cool. Mix flour, baking soda, and cinnamon; stir into apples. Stir in butter, eggs, and vanilla. Pour half into each pan; sprinkle with 1 tsp. sugar. Bake 1¼ to 1½ hours until tooth pick inserted in center comes out clean. Cool in pans on wire rack 10 minutes before removing cakes to cool on racks, completely. Refrigerate until ready to serve. (I wrap them in aluminum foil) Makes 2 loaves.

## Baked Apple Squares

Van Parent, Brookfield, Vt.

3 eggs	½ tsp. salt
1¾ cup sugar	1 cup cooking oil
2 cups flour	1 tsp. vanilla
1 tsp. cinnamon	2 cups apples, thinly sliced
1 tsp. baking powder	

Beat together eggs and sugar until light and fluffy. Sift flour, cinnamon, baking powder, and salt; add to egg/sugar mixture. Add cooking oil and vanilla. Fold in 2 cups thinly sliced apples. Turn into greased 9x13x2-inch pan. Bake at 350°F for about 45 minutes (325°F if glass pan is used). Place on rack to cool. Cut into 32 squares. These freeze well.

**You can subscribe to *Across the Fence Recipes* by sending self-addressed and stamped business sized envelopes (up to 12) and a check made out to Marco Ayala for as many recipes you are ordering (\$2 each) and we will mail them to you as soon as they become available each month!**

*Any reference to commercial products, trade names, or brand names is for information only, and no endorsement or approval is intended.*

Contact us at: [atfence@uvm.edu](mailto:atfence@uvm.edu), phone: (802) 656-5059, toll free at: 1-888-283-3430 or visit us online at: [www.uvm.edu/extension/atf](http://www.uvm.edu/extension/atf)

University of Vermont Extension, and U.S. Department of Agriculture, cooperating, offer education and employment to everyone without regard to race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or familial status. Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. University of Vermont Extension, Burlington, Vermont.