



In the Kitchen

with Barb Agee ~ November 2015

An Apple a Day

There are over 7000 varieties of apples with about 100 of those varieties available to us in the United States. While we can get apples year round, the apples of autumn are the best for eating or cooking both sweet and savory dishes

Apple Tavern Cake with Carmel Glaze

3 eggs, at room temperature	1 teaspoon cinnamon
2 cups granulated sugar	1 teaspoon salt
1 cup vegetable oil	1 cup sweetened flaked or shredded coconut
2 teaspoons vanilla	1 cup pecans, toasted and chopped
3 cups all-purpose flour	3 cups apples, peeled and chopped
1 teaspoon soda	Caramel Sauce (<i>see recipe below</i>)

Preheat oven to 350°F. Spray 9 x 13-inch baking dish with vegetable spray.

Beat eggs for 1 minute; add sugar, oil and vanilla, continuing to beat for 2 minutes. In a medium bowl, whisk flour, soda, salt and cinnamon together. Add flour mixture to the sugar mixture one-third at a time, beating after each addition to combine. Fold in coconut, pecans and apples. Pour batter into baking dish. Bake for 40 to 45 minutes. Immediately after cake comes out of oven, poke holes in cake with a skewer. Spoon caramel sauce over hot cake and let side until cool before serving.

Caramel Sauce

¼ cup butter	1 cup heavy whipping cream, heated
⅔ cup sugar	2 tablespoons bourbon
½ teaspoon sea salt	

In a heavy saucepan, melt butter over medium heat. Whisk in sugar and heat until mixture turns a light brown color and liquefies. Remove from the heat and slowly whisk in cream and salt. Bring to boiling; reduce heat and simmer, uncovered 5 minutes, until slightly thickened, stirring frequently. Remove from heat and whisk in 2 tablespoons bourbon. Spoon sauce over hot cake.

Apple Fennel Salad

1 cup celery, thinly sliced	1 large fennel bulb
1 cup fresh flat leafed parsley, coarsely chopped	1 large crisp, sweet apple, thinly sliced
1 large shallot, thinly sliced	2 tablespoons apple cider vinegar
¼ cup extra virgin olive oil	1 teaspoon sugar
1 teaspoon kosher salt	2 tablespoons fennel fronds, finely chopped
½ teaspoon freshly ground black pepper	

In a medium bowl toss together celery, parsley, shallot, olive oil, salt and pepper. Add fennel slices to salad. In a small bowl, toss together, apple slices, vinegar and sugar. Add apple mixture to fennel mixture; toss to combine. Arrange on 6 plates and sprinkle with fennel fronds.

Grilled Pork Chops with Apple Bourbon Glaze

2 teaspoons dark brown sugar
1½ teaspoons kosher salt
1 teaspoon freshly ground black pepper
1 teaspoon garlic powder
½ teaspoon sweet paprika
½ teaspoon smoked paprika
2 tablespoons olive oil
Apple-Bourbon Glaze (*see recipe below*)

4 bone-in pork rib chops (approximately 12 ounces)
1 large unpeeled apple, cored and sliced into 16 pieces

Stir together sugar, salt, pepper, garlic powder, sweet paprika and smoked paprika. Brush pork chops with olive oil and rub both sides with sugar mixture. Place pork in a 9 x 13-inch baking dish; cover and chill for 4 to 24 hours. Remove from refrigerator and let stand for 30 minutes. Meanwhile prepare Apple Bourbon-Glaze (*see recipe below*).

Preheat grill to 350 to 400°F degrees (medium high). Grill chops, covered with grill lid, 5 to 6 minutes per side or until almost done. Brush chops with glaze; turn and brush the other side with glaze. Grill, with covered with grill lid for 2 more minutes. Turn chops until glaze thickens and chops are cooked through. Remove chops from grill and place on a platter; cover loosely with foil to rest 3 to 5 minutes.

Place apple slices in a heat resistant pan and drizzle remaining glaze over apples. Place on the grilling rack until apples have warmed and have a thick glaze on them 3 to 5 minutes.

May oven roast chops instead at 400°F and sauté apples in a skillet.

Apple-Bourbon Glaze

6 ounces frozen apple juice concentrate, thawed
½ cup bourbon
2 tablespoons dark brown sugar
1 tablespoon Dijon mustard
½ teaspoon kosher salt
½ teaspoon dried crushed red pepper

Stir all ingredients except red pepper together in a medium saucepan. Bring to a boil over medium-high heat. Reduce heat to medium, and simmer, stirring occasionally 13 minutes or until mixture and thickened and reduced to about 1 cup. Stir in red pepper.

Garlicky Apple-Potato Soup

4 tablespoons butter, divided
1 large russet potato, peeled and cubed
1 medium yellow onion, peeled and diced
1 fennel bulb, chopped
6 large cloves garlic, minced
3 cups chicken broth
2 crisp apples, peeled and chopped
1 cup whipping cream
2 tablespoons butter
Salt and pepper to taste
½ cup fennel fronds, coarsely chopped

In a large pot melt butter over medium heat. Add potato, onion, fennel bulb and garlic. Cook for 5 minutes. Add chicken broth and apples. Bring to a boil, reduce heat. Simmer, covered for 10 minutes. Remove from heat. Transfer to blender in 2 to 3 batches; blend until smooth. Return to pot; stir in cream and heat through. Season with salt and pepper to taste. Top each serving with a sprinkle of fennel fronds.

Makes 6 servings

