

Across the Fence

Apple Recipes – October 2008

Lyn Jarvis' Recipes

Apple-Cranberry Tossed Salad

¼ cup red wine vinegar	¼ tsp. pepper
¼ cup fresh cranberries	¾ cup vegetable oil
2 Tbsp. honey	2 pkgs. (5 oz. each) spring mix salad greens
1 Tbsp. sugar	3 medium Red Delicious apples, thinly sliced
1 Tbsp. chopped red onion	1 cup chopped walnuts, toasted
¼ tsp. salt	

For cranberry vinaigrette: Combine the first seven ingredients in a blender; cover and process until blended. While processing, gradually add oil in a steady stream. Transfer to a serving dish. In a large bowl, toss the salad greens, apples, and walnuts. Serve with vinaigrette. Yield: 8 servings.

Maritime Pork Chops

4 pork chops	1 pkg (6 oz.) Stove Top® stuffing
2 apples, peeled and diced	Salt and pepper to taste
1½ cups apple cider or juice	

Brown chops about 4 minutes on each side in oil, add salt and pepper to taste. Remove from pan - add 2 diced apples, and cider (or apple juice). Bring to a boil and add stuffing crumbs stirring just enough to moisten. Place the chops on the stuffing. Cover pan and cook on reduced heat for about 10 minutes or until chops are cooked thoroughly.

Apple Pie Bars

4 cups all-purpose flour	Filling:	Glaze:
1 tsp. salt	7 cups finely chopped	1 cup confectioners' sugar
1 tsp. baking powder	peeled apples	1 Tbsp. milk
1 cup shortening	2 cups sugar	1 Tbsp. lemon juice
4 egg yolks	¼ cup all-purpose flour	
2 Tbsp. lemon juice	2 tsp. ground cinnamon	
8 to 10 Tbsp. cold water	Dash ground nutmeg	

In a large bowl, combine flour, salt and baking powder. Cut in shortening until mixture resembles coarse crumbs. In a small bowl, whisk egg yolks, lemon juice, and water; gradually add to flour mixture, tossing with a fork until dough forms a ball. Divide in half. Chill for 30 minutes. Roll out one portion of dough between two large sheets of waxed paper into a 17x12-inch rectangle. Transfer to an ungreased 15x10x2-inch baking pan. Press pastry onto the bottom and up the sides of pan; trim pastry even with top edge. In a bowl, toss the apples, sugar, flour, cinnamon, and nutmeg; spread over crust. Roll out remaining pastry to fit top of pan; place over filling. Trim edges; brush edges between pastry with water or milk; pinch to seal. Cut slits in top. Bake at 375° for 45 to 50 minutes or until golden brown. Cool on a wire rack. Combine glaze ingredients until smooth; drizzle over bars before cutting. Yield: about 2 dozen.

Apple Baklava

8 sheets (14x9-inch) phyllo dough
Butter-flavored nonstick cooking spray
½ cup packed brown sugar
2 Tbsp. all-purpose flour
½ tsp. ginger
½ tsp. cinnamon
4 medium tart apples, peeled and sliced

Topping:

½ cup all-purpose flour
½ cup packed brown sugar
½ cup soft whole wheat bread crumbs
¼ tsp. ginger
¼ tsp. cinnamon
½ cup cold butter
¼ cup slivered almonds

Cut phyllo sheets in half; spritz with butter-flavored spray. Layer phyllo, sprayed side up, in a greased 8-inch square baking dish. In a large bowl, combine the brown sugar, flour, ginger, and cinnamon; add apples and toss to coat. Spoon over phyllo dough. In a bowl, combine the flour, brown sugar, bread crumbs, ginger and cinnamon; cut in butter until mixture resembles coarse crumbs. Add almonds; sprinkle over apple mixture. Bake at 350°F for 40 to 45 minutes or until filling is bubbly and topping is golden. Cool for 10 minutes before serving. Yield: 9 servings.

Heather Fischer's Recipes

Chicken and Apple Curry

3 Tbsp. butter
1 medium onion, chopped
2 apples, peeled, cored and finely chopped
3 Tbsp. all-purpose flour
1 Tbsp. curry powder

8 skinless, boneless chicken breasts
1 cup hot chicken broth
1 cup milk
Salt and pepper to taste

Preheat oven to 350°F. Sauté apple and onion in butter until tender. Add curry powder and sauté 1 minute more. Add flour and continue to cook 1 minute longer. Add stock or broth and milk; stir well. Salt and pepper chicken breasts to taste and lay in a single layer in a 9x13x2 inch (or larger) baking dish. Pour sauce mixture over chicken breasts and bake in preheated oven for 45 to 50 minutes, until chicken is done.

Champlain Valley Fair First Prize Winning Recipes

Amazing Broccoli Salad

10 slices bacon
5 cups fresh broccoli, cut into bite size pieces (about 3 heads)
¼ cup red onion, chopped fine
½ cup raisins
3 Tbsp. white wine vinegar

2 Tbsp. white sugar
1 cup mayonnaise
1 pkt. Hidden Valley Ranch Salad Dressing & Seasoning Mix®
1 cup sunflower seeds

Place bacon in a large skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside. In a medium bowl, combine the broccoli, onion and raisins. In a small bowl, whisk together the vinegar, sugar, mayonnaise, and packet of Hidden Valley Ranch Salad Dressing & Seasoning Mix®. Pour over broccoli mixture, and toss until well mixed. Refrigerate for at least two hours. Before serving, toss salad with crumbled bacon and sunflower seeds.

Dark Chocolate Mint Whoopee Pies

2 cups all-purpose King Arthur® flour
½ cup unsweetened cocoa powder
1¼ tsp. baking soda
1 tsp. salt
¼ cup dark chocolate shavings
1 cup milk
1 tsp. vanilla
1 stick (½ cup) unsalted butter, softened

1 cup packed brown sugar
1 large egg

Filling:

1 stick (½ cup) unsalted butter, softened
¼ cups confectioners' sugar
2 cups marshmallow cream
¼ tsp. mint extract

Preheat oven to 350°F. Mix together flour, cocoa, baking soda, salt, and dark chocolate shavings in a bowl until combined. Stir together milk and vanilla in a small bowl. 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; add egg and mix well. Reduce speed to low and alternately mix in flour mixture and milk in batches, beginning and ending with flour, scraping down sides of bowl occasionally, and mixing until smooth. Spoon ¼-cup mounds of batter about 2 inches apart onto 2 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 to cool completely. **Filling:** Beat together butter, confectioners sugar, marshmallow, and mint in a bowl with electric mixer at medium speed until smooth, about 3 minutes. Spread a rounded tablespoon of filling on flat sides of half of cakes and top with remaining cakes.

Chipper Chocolate Chip Cookies with Mint, Ethan Fischer, Age 6

2 sticks unsalted butter
2¼ cups King Arthur® bread flour
1 tsp. kosher salt
1 tsp. baking soda
¼ cup sugar
1¼ cups brown sugar
1 egg

1 egg yolk
2 Tbsp. milk
1¼ tsp. vanilla extract
¼ tsp. mint extract
1 cup semisweet chocolate chips
1 cup milk chocolate

Heat oven to 375°F. Melt the butter in a heavy-bottom medium saucepan over low heat. Sift together the flour, salt, and baking soda and set aside. Pour the melted butter in bowl. Add the sugar and brown sugar. Cream the butter and sugars on medium speed. Add the egg, yolk, 2 tablespoons milk, mint, and vanilla extract and mix until well combined. Slowly incorporate the flour mixture until thoroughly combined. Stir in the chocolate chips. Chill the dough, then scoop onto parchment-lined baking sheets, 6 cookies per sheet. Bake for 11 to 14 minutes or until golden brown, checking the cookies after 5 minutes. Rotate the baking sheet for even browning. Cool completely and store in an airtight container.

Carolyn Peake's Recipes

Rice and Apple Custard

1 cup cooked rice
3 Tbsp. sugar
2 large cooking apples

2 eggs, beaten
1½ cups milk
1 Tbsp. butter

Put cooked rice on bottom of ovenproof dish. Peel and core the apples and slice onto the rice. Sprinkle with sugar and put small dabs of butter over apples. Mix the eggs and milk and pour over the apples. Bake in 350°F oven until custard is set. Allow to cool. Serve and enjoy.

Sour Cream Apple Cake (from Marion Hebert, Marshfield, Vt.)

½ cup butter
2 eggs
1 tsp. vanilla
1 tsp. baking soda
1 cup sugar
1 cup sour cream
2 cups flour
1 tsp. baking powder
½ cup apples, finely chopped

Topping Mixture

½ cup chopped apples
½ cup chopped nuts
1 tsp. cinnamon
¼ cup white sugar
⅓ cup brown sugar

Cream butter, sugar, vanilla, and eggs. Add sour cream and mix, then add dry ingredients and mix. Put half of batter into greased Bundt pan, and then put chopped apples over batter in center of cake. Sprinkle with half the topping mix. Pour remaining batter over apples and sprinkle with other half of topping mixture. Bake at 350°F for 35 to 40 minutes. This can also be baked in two loaf pans.

Apple and Egg Casserole

3 cups all-purpose flour	1¼ cups butter	4 cups hard, juicy apples, diced
2 tsp. baking soda	3 cups sugar	¾ cup golden raisins
2½ tsp. cinnamon	4 eggs	
1 tsp. nutmeg	¾ cup chopped pecans	

Preheat oven to 350°F and grease a 9x13x2-inch baking dish. Sift together flour, soda, cinnamon, and nutmeg. In large mixing bowl, beat butter, sugar, and eggs. Add sifted dry ingredients and mix until well combined. Fold in nuts, apples, and raisins. Pour batter into baking dish. Bake for 45 minutes. Yield: 18 servings.

Wonderful Fruit Salad

1 can (11 oz.) mandarin oranges	3 kiwifruits, peeled and chopped
1 tsp. sugar	1 can (20 oz.) pineapple chunks, drained
2 green apples, chopped	½ cup vanilla yogurt
1 cup green grapes	1 large firm banana
½ cup red grapes	

Combine oranges and sugar in large bowl. Let stand for 10 minutes. Add apples, grapes, kiwifruit, pineapple, and yogurt. Toss gently to combine. Cover and refrigerate for 30 minutes. Slice banana and add just before serving. Yield: 8 to 10 servings.

Cider Pork Chops

6-8 pork chops	3-4 onions, thinly sliced	¼ cup water
½ cup all-purpose flour	Parsley	2 apples, peeled, cored and sliced
Salt and pepper to taste	½ cup apple cider	

Trim fat from pork chops and heat the trimmings in fry pan to grease the pan. Dredge the chops in a mixture of the flour and seasonings. Remove trimmings from pan and add chops, frying on both sides until browned. Place chops in a casserole dish. Put onions in fry pan and cook until golden. Place onions on top of the chops in casserole and add chopped parsley, cider, and water. Place apple slices on top of onions. Cover and bake in 375°F oven for 1½ to 2 hours.

Viewer's Recipes

Dutch Apple Cake with Maple Sauce, Judy Morgan, Berlin, Vt.

7 cups sliced apples
2⅓ cups bisquick
½ cup milk
3 Tbsp. sugar
3 Tbsp. shortening, melted
½ cup sugar
1 tsp. cinnamon

Maple Sauce:
1½ cups maple syrup
1½ cups water
¼ cup cornstarch, dissolved
in ¼ cup cold water
2 Tbsp. butter
Dash of salt
1 tsp. vanilla

Heat oven to 400°F. Cook apples in microwave until slightly soft. Toss once or twice while cooking so center apples cook (don't make applesauce!). Stir bisquick, milk, sugar and shortening until soft dough forms. Pat in bottom of ungreased 13x9x2-inch pan. Spread partially cooked apples over batter. Sprinkle mixture of ½ cup sugar and cinnamon over top. Bake 25 minutes or until batter and apples are cooked.

Maple Sauce: Combine maple syrup and water and bring to a boil. Gradually add cornstarch mixture to syrup mixture stirring constantly until mixture boils and thickens. Add butter, dash of salt, and vanilla. Serve over warm apple cake.

Apple Impromptu, Georgiana Chaffee, Glover, Vt.

4 cups apples, pared and sliced
¼ cup sugar
¼ tsp. cinnamon
1 Tbsp. butter
½ cup sugar

1 tsp. vanilla
1 egg, slightly beaten
½ cup flour
½ tsp. baking powder

Place apples in well-greased 8 or 9-inch pie plate. Combine ¼ cup of sugar and ¼ tsp. cinnamon and sprinkle over apples. Cover tightly with aluminum foil and bake at 400°F for 20 minutes. While cooking, cream 1 Tbsp. butter and gradually add ½ cup of sugar, creaming well. Add 1 tsp. vanilla and the slightly beaten egg; beat well. Sift together ½ cup of flour and ½ tsp baking powder. Blend it into creamed mixture and spread evenly over partially cooked apples. Bake for another 20 to 25 minutes until bubbly. Top with whipped cream, if desired. Serves 6 to 8.

Cheesy Apple Squares, Claire Moore, No. Hudson, N.Y.

1½ cups all purpose flour
1½ cups graham cracker crumbs
1 cup firmly packed brown sugar
½ tsp baking soda
¾ cup butter, softened

1½ cups shredded cheddar cheese
2½ cups cooking apples, peeled, sliced
¾ cup sugar
½ cup chopped nuts

Combine first five ingredients in a large bowl until crumbly. Reserve ½ cup crumb mixture. Pat remaining crumbs into ungreased 13x9x2-inch pan. Place cheese over crumbs. Combine apples and sugar and sprinkle over cheese. Sprinkle reserved crumbs and nuts over apples. Bake at 350°F for 35 to 40 minutes until deep golden brown. Serve warm with whipped cream or ice cream. Store in refrigerator.

Apple Bread with Cheese Topping, Lisa Tremblay, Newport, Vt.

2 cups all-purpose flour
1 cup sugar
1 tsp. baking soda
2 cups apples, peeled and finely chopped
¼ tsp. salt
2 large eggs
½ cup melted butter
2 Tbsp. buttermilk
1 tsp. vanilla

Cheese Topping:

1 pkg. (3 oz.) cream cheese, room temperature
1 cup powdered sugar
½ tsp. vanilla
½ tsp. milk

Position oven rack in center of oven and preheat to 350°F. Lightly grease and flour a 9x5x2¼ -inch loaf pan. In a large bowl, blend together the flour, sugar, baking soda, salt, and apples. In a medium bowl, beat the eggs until foamy before beating in the butter, milk, and vanilla. Combine the 2 mixtures, blending until the dry ingredients are moistened. Scrape the batter into the prepared pan and bake for 55 to 60 minutes or until pick inserted in center comes out clean and top is golden brown. Remove pan from oven and invert onto wire rack to cool for 5 to 10 minutes before removing loaf from the pan.

Cheese topping: In a medium bowl, combine the cream cheese and sugar and beat until smooth. Add the vanilla and milk and continue beating until smooth. Makes 1½ cups. Can be spooned over cake or individual slices as served.

Toffee Apple Blondies, Shari Harvey, Rochester, Vt.

2½ sticks butter
2 cups light brown sugar
½ cup white sugar
3 eggs
2¼ tsp. vanilla
2¼-2½ cups all-purpose flour

1½ tsp. salt
1½ tsp. baking powder
1 cup chopped toffee bits
4 apples, peeled, cored and chopped fine
1 cup chopped walnuts

Melt butter; cook to a golden brown stirring not to burn. In a large bowl mix the butter with both sugars. Add eggs, one at a time; beat 3 minutes; add vanilla. In another bowl, mix 2¼ cups flour with salt, and baking powder. Add the flour mixture to butter mixture. Batter should be thick (only if necessary add up to ¼ cup flour) when fully mixed, incorporate the toffee bits, apples, and walnuts. Spread into a buttered 9x13x2-inch pan and bake at 350° for 35 to 40 minutes. Yield: 24 bars. Variation: Combine ½ cup sugar with 1½ tsp. cinnamon and sprinkle on top before baking.

Apple Brownies, Arlene Stanley, Concord, Vt.

1 stick butter
1 cup sugar
1 egg
1 cup flour
1½ cup (about 2) apples, chopped (not too fine)

1 tsp. cinnamon
Dash of salt
½ tsp. baking soda
½ tsp baking powder

In bowl, cream together butter, sugar, and egg. Add flour, cinnamon, salt, baking soda, and baking powder; mix well. Pour mixture into a greased 8x8-inch pan and bake at 350°F for 35 to 40 minutes.

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