

Falling  
Apples  
and  
Pears



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## Apple Sake Cocktail

1 Pink Lady or Granny Smith apple  
2 cups sake  
5 cups chilled tonic water (40 fluid ounces)  
8 lime wedges

### Preparation:

Use an adjustable-blade slicer fitted with  $\frac{1}{4}$  inch julienne blade

Cut apple into matchsticks with slicer, discarding core, then put in a pitcher and stir in sake. Let macerate, covered and chilled, at least 30 minutes.

Fill 8 (12 ounce) double Old Fashioned glasses with ice. Strain about  $\frac{1}{4}$  cup sake into each glass, then add some apple pieces to each glass. Top off drinks with tonic and serve with lime wedges.

### Cooks' note:

Apples in sake can be chilled up to 2 hours.

## **Apple and Pear Slices topped with Pimento Cheese Spread and Gorgonzola**

Core, half and slice apples or pears. Spread with either gorgonzola or pimento cheese spread.

### **Pimento Cheese Spread**

½ lb. sharp cheddar, grated  
1 ½ jar diced pimiento (6 oz.)  
4 oz. cream cheese  
2 tsps. Worcestershire sauce  
4 drops Tabasco  
½ tsp. salt  
1/8 tsp pepper, finely ground  
1/4 cup mayonnaise  
A few dashes of garlic powder, optional

Blend it all together in a food processor until very smooth.  
Cover and refrigerate at least 2 hours.

May be kept in the refrigerator for several days or frozen for later.  
Makes 3 cups.

### **Pear Waldorf Salad**

2 cups diced, pared pears or 1 cup each unpared red apples  
2 Tbsp lemon juice  
1 tsp sugar  
1/2 cup mayonnaise  
1 cup thinly sliced celery  
1/2 cup broken walnuts  
1/2 cup chopped dried apricots

Toss fruits with lemon juice, sugar, 1 Tbsp. mayonnaise

Just before serving add celery, walnuts, and the rest of the mayonnaise  
Serve on lettuce. Top with small amount of French dressing

Makes 4 large servings  
Recipe from the Waldorf Astoria, NYC

## Creamy Potato-Apple Soup

### Ingredients

2 slices bacon (1 oz. total) chopped  
1 tsp. olive oil  
1 onion (about 8 oz.) peeled and chopped  
1 tart apple (about 8 oz.), such as Fuji, peeled, cored, and sliced  
1 tsp. minced garlic  
¼ cup dry white wine  
2 pounds thin-skinned potatoes, peeled and cut into ½ inch chunks  
½ tsp. salt  
1 cup apple cider or juice  
¾ cup low-fat (1%) milk  
3 to 4 TBSP. crumbled blue cheese (about 1 ½ oz.)  
¼ tsp. ground nutmeg  
Pepper  
2 TBSP. minced fresh chives

### Preparation

In a 5 to 6 quart nonstick pan over high heat, stir bacon until browned, 3 to 4 minutes. With a slotted spoon, transfer bacon to paper towels to drain. Add oil to pan; when hot, add onion, apple, and garlic. Stir often over medium heat until onion is very limp and beginning to brown, about 20 minutes. Add wine and stir until evaporated, 3 to 4 minutes.

Add potatoes, ½ tsp. salt, and 3 ½ cups water; bring to a boil over high heat, then reduce heat, cover, and simmer, stirring occasionally, until potatoes mash easily, 25 to 30 minutes.

Meanwhile, in a 1 to 2 quart pan over high heat, boil apple cider until reduced to ¼ cup, 8 to 15 minutes.

Add milk to potato mixture and, working in batches, whirl in a blender or food processor until smooth. Return to pan over low heat and stir in apple cider, cheese, nutmeg, and salt and pepper to taste. Stir often just until hot, 2 to 3 minutes. Ladle into bowls and top with chives and bacon.

Yield: Makes 8 cups; about 4 servings

## Chicken with Apples and Onions

3 medium apples, sliced  
2 large onions, thinly sliced  
1 Tbsp butter  
6 boneless, skinless chicken breasts  
1/4 tsp. salt  
1/8 tsp. pepper  
1/4 cup grated Parmesan cheese  
3/4 cup shredded Swiss cheese  
1/4 cup bread crumbs  
1/2 tsp. minced fresh thyme  
2 Tbsp. unsweetened apple juice

In a large skillet, saute apples and onions in butter for 10 minutes or until tender. Transfer to a 13 x 9 baking dish coated with cooking spray. Top with chicken and sprinkle with salt and pepper. Mix cheeses with thyme and bread crumbs and sprinkle over the chicken. Drizzle with apple juice. Bake uncovered 350° for 30-35 minutes or meat thermometer reaches 170°.

## Brussels Sprout Hash with Caramelized Shallots

6 tablespoons (3/4 stick) butter, divided  
1/2 pound shallots, thinly sliced  
Coarse kosher salt  
2 tablespoons apple cider vinegar  
4 teaspoons sugar  
1 1/2 pounds Brussels sprouts, trimmed  
3 tablespoons extra-virgin olive oil  
1 cup water

Melt 3 tablespoons butter in medium skillet over medium heat. Add shallots; sprinkle with coarse kosher salt and pepper. Sauté until soft and golden, about 10 minutes. Add vinegar and sugar. Stir until brown and glazed, about 3 minutes.

Halve Brussels sprouts lengthwise. Cut lengthwise into thin (1/8-inch) slices. Heat oil in large skillet over medium-high heat. Add sprouts; sprinkle with salt and pepper. Sauté until brown at edges, 6 minutes. Add 1 cup water and 3 tablespoons butter. Sauté until most of water evaporates and sprouts are tender but still bright green, 3 minutes. Add shallots; season with salt and pepper.

Serves 8-10.

## Apple-Spiced Olive Oil Cake

1 ½ cups all-purpose flour  
1 cup sugar  
1 ½ tsp. baking powder  
1 ½ tsp. baking soda  
1 tsp. ground cinnamon  
1 tsp. salt  
1 cup olive oil  
¾ cup milk  
¼ cup orange liqueur such as Triple Sec  
¼ cup freshly squeezed orange juice  
2 extra-large eggs  
1 unpeeled baking apple (such as Honeycrisp, McIntosh, Jonathan or Rome), cored and grated  
Powdered sugar for garnish

Preheat oven to 350 degrees.

Sift together flour and next 5 ingredients; set aside.

Whisk together olive oil and next 4 ingredients.

Stir in grated apple and reserved flour mixture until blended.

Pour mixture into a well-greased 9-inch round cake pan.

Bake for 40 minutes or until a wooden pick inserted into the center comes out clean.

Cool in pan on wire rack for 20 minutes; remove from pan, and cool completely on wire rack.

Top with powdered sugar.

Makes 1 (9-inch) cake



Apple Sake Cocktail



Apple and Pear Slices topped with Pimento Cheese Spread and Gorgonzola



Creamy Potato-Apple Soup

Pear Waldorf Salad

Brussel Sprout Hash with Carmelized Shallots



Apple-Spiced Olive Oil Cake



Chicken with Apples and Onions