

PANDEMIC PANTRY RECIPES ~ JANUARY 9, 2021

HOMAGE TO THE APPLE

Curried Butternut Squash and Granny Smith Apple Soup

(serves 4)

1 butternut squash
1 small onion diced
Chopped garlic cloves...you decide how much.
1 inch piece of fresh ginger, minced
2 carrots, peeled and diced
1 TBS olive oil
9 cups vegetable stock
2 granny smith apples, peeled and sliced
1 TBS curry powder (more or less to taste)
Kosher salt and black pepper to taste

Garnish with a little sour cream and fresh chopped cilantro or parsley (optional)

Preheat oven to 450 degrees.

Cut squash in half (vertically...BE CAREFUL...and remove seeds. Place flesh side down on a baking dish or sheet pan with about 1 cup of water. Bake in oven for about 40 – 50 minutes or until a fork punctures the squash easily. Let cool.

In a heavy pot, place the olive oil. Add onions and garlic and let them sweat. Add curry power. Then add the carrots and apples. Let the flavors of these marry together...about 5 minutes. Scoop out the squash and add its flesh to the pot. Add the stock. Simmer for about 15 minutes. Then put the soup in a blender (you may want to do in batches.

Add salt and pepper to taste. Place in soup bowls and add optional garnishes.

Chicken and Apple Salad

(serves 4)

8 ounces spring lettuce mix or my fave, baby arugula
2 or 3 small apples of different varieties
1/3 cup roasted pecans or candied pecans
1/3 cup dried cranberries or cherries
1/4 cup crumbled blue cheese
Cooked and diced seasoned chicken
1 orange

Dressing:

1/2 cup olive oil
1/4 cup balsamic vinegar
1 1/2 teaspoons honey
1 teaspoon Dijon mustard
1 shallot

1 clove garlic
Kosher salt and pepper to taste

Prepare chicken. Now...I personally am using a tasty store-bought rotisserie chicken because it is delicious and Grumpy Aunt Frances who invited herself over for lunch, will never know. She'll just wax on about your skills at cooking a chicken.

Toast your pecans. Line a baking pan with parchment. Place pecans in a single layer and roast at 350 degrees for about 5 minutes. OR...make candied pecans...OR BUY candied pecans and tell her you made them. I bought candied pecans at the store because I'd rather be playing solitaire on my iPad than watching candied pecans roast for an hour. Again..Is Grumpy Aunt Frances worth it? If she is then there is a recipe below for candied pecans.

Place lettuce on a platter. Top with the pecans (which are now cool), whatever dried fruit you are using, and blue cheese crumbles. Add the chicken.

Slice apples into very thin slices. Toss them with the juice of an orange (or lemon...citrus retards the browning of apples) Add to the salad.
For the dressing, finely mince garlic and shallot. Combine the other ingredients along with it in a jar and shake it well. Add salt and pepper to taste.
Top the salad with the dressing just before serving.

Chicken Normandy (Poulet à la Normande)

(serves 4)

2 TBS butter to fry apples
2 whole apples (peeled, cored, sliced) (Granny Smith or Honey Crisp work best)
4 whole chicken leg quarters
Pinch of Kosher salt for each chicken leg
Flour for coating chicken
2 TBS butter to sear chicken legs
1 yellow onion (medium) sliced
4 cloves minced garlic
1 teaspoon dried thyme
½ cup Calvados (apple brandy)
2 cups apple cider
½ cup heavy cream
1 TBS Dijon mustard
Sprigs of fresh thyme to garnish

Fry the apples: Peel, quarter, remove seeds, and slice the apples. Heat butter in a skillet and add apples in one layer, and fry until golden brown...turning them a few times. Once cooked on both sides, remove and set them aside.

Sear the chicken: In the same skillet add butter, season a bit of flour with salt and pepper and dredge chicken in flour mix. Sear in a hot pan for about 5 minutes...getting good color on each side. Remove chicken from pan and set aside.

Prepare braising liquid: Preheat oven to 375 degrees. To the same pan add onions, garlic, and dried thyme. Cook for about 5 minutes. Deglaze the pan with brandy (be careful!) and cook until about half is evaporated. Add apple cider and cook for five minutes.

Braise the chicken: Add the chicken (skin side up), cover the pan, and move to the oven. Bake for about 30 minutes. Remove chicken from the pan. (HOT!)

Finish the sauce: remove the chicken to a platter and finish the sauce by adding heavy cream and Dijon. Mix well and cook for about 5 minutes or until the sauce thickens. Add fried apples, chicken, and fresh thyme to the pot to soak up sauce.

Serve: Place some sauce on a plate. Make sure each plate has onions, apples, and sauce. Place a chicken leg on top and enjoy.

Marion Cunningham's Raw Apple Muffins

(yield 8 - 12)

4 cups diced apples (peeled or unpeeled)
1 cup sugar
2 eggs, lightly beaten
½ cup corn oil
2 teaspoons vanilla extract
2 cups all purpose flour
2 teaspoons baking soda
2 teaspoons cinnamon
1 teaspoon kosher salt
1 cup raisins
1 cup walnut pieces

Preheat oven to 325 degrees. Grease a 12 cup muffin tin

Mix diced apples and sugar in a bowl and set aside. Put eggs, oil, and vanilla in another bowl. In a third bowl place the dry ingredients and blend.

Stir the egg mixture into the sugar / apple mixture. Add nuts and raisins and mix. Make a well in the center of the dry ingredients and add everything. This will be a very thick batter...full of fruit and nuts and very little flour. YUM.

Spoon into the muffin pan and bake for about 20 minutes or until a toothpick comes out clean when inserted into the center of a muffin.

Houlihan Applesauce Spice Cake (Edith Campbell's Applesauce Spice Cake ☺)

(makes 2 - nine inch cakes)

1 cup butter, softened
2 cups sugar
2 1/2 cups flour
2 1/4 teaspoons baking soda
1 TBS cinnamon
1 ½ teaspoons ground cloves
2 cups heated unsweetened applesauce
2 shots of whiskey of your choice.
1 cup raisins

Glaze:

1 1/2 cups sugar
1 cup buttermilk
2 TBS karo syrup or golden syrup
1 ½ teaspoons baking soda

Prepare cake pans by greasing and lining the bottom with parchment paper. You'll be extremely disappointed if you don't. In a heavy duty mixer, cream the butter. Slowly add the sugar. In a separate bowl mix together, dry ingredients and raisins. Lightly warm the applesauce on stove top and add whisky (BE CAREFUL!) Don't let it get too hot. Alternate adding dry mixture and applesauce mixture to the butter and sugar. Once incorporated pour mixture into prepared pans. This could be one large bundt or angel food cake pan, two loaf pans, or two -nine inch cake pans.

Bake in a pre-heated 350 degree oven for about 40 minutes. Check after 30 minutes by inserting a skewer or the blade of a knife into the cake. It is done when the skewer comes out clean, the cake is golden and pulling away slightly from the edges of the pan. Cool on a rack for 15 minutes before removing from pan.

To make the glaze. In a saucepan on whisk together all of the ingredients and heat gently until the sugar dissolves. Pour over the cake. Let sit for an hour before serving.

Grumpy Aunt Frances' Candied Pecans

(serves 10 or 1 if you are home alone binging on Netflix)

1 cup white sugar
1 teaspoon cinnamon
1 teaspoon kosher salt
1 egg white
1 TBS water
1 pound of pecan halves

Preheat oven to 250 degrees

Mix sugar, cinnamon, and salt in a bowl.

Whisk egg white and water together in a separate bowl until frothy. Toss pecans into egg white mixture. Mix sugar mixture into pecan mixture until pecans are evenly coated.

Spread pecans onto a baking sheet.

Bake in preheated oven, stirring every 15 minutes, until evenly brown, about 1 hour.