

Peruvian Pork Stew With Chiles, Lime and Apples

By Mark Bittman

YIELD at least 8 servings

TIME about 1.5 hours, largely unattended

Spicy and sweet, this Peruvian stew is rich with apples and onions and scented with chiles, lime and cloves. It's not at all difficult to make, and it takes less time than you would think, about two hours from start to finish. As you brown the pork on all sides in a pot, sauté the onions and apples with the chiles, bay leaves and cloves in another. Combine everything and braise until the pork is very tender and falling apart. If you'd like to make it in a slow cooker, put everything into the crock after browning and sautéing and turn the cooker on high. It will be ready in four to six hours.

INGREDIENTS

2 tablespoons olive oil
3 to 4 pounds trimmed boneless pork shoulder, cut into 2-inch pieces
2 large white onions, chopped
4 large apples, peeled, cored and roughly chopped
3 snipped and seeded ancho or other mild dried chiles
3 bay leaves
Pinch of ground cloves
¼ cup fresh lime juice
4 cups chicken stock
Steamed rice for serving
¼ cup chopped cilantro

PREPARATION

Step 1

Heat the olive oil in a skillet and brown the pork in it on all sides; you may have to do this in batches for the most efficient browning. Meanwhile, sauté the onions and apples in a pan with the chiles, bay leaves and cloves until the onions are tender, about 10 minutes.

Step 2

Combine all the ingredients in a saucepan, Dutch oven or slow cooker. Bring to a boil, then adjust the heat so the mixture bubbles steadily but not vigorously. (If you're using a slow cooker, turn it to high and walk away for 4 or 6 hours.)

Step 3

Cook, stirring every 30 minutes or so, until the meat is very tender and just about falling apart, at least an hour. Taste and adjust the seasoning, then lower the heat (this will keep well for at least an hour before serving). Remove the meat, then reduce the broth as necessary; serve over steamed rice, garnished with cilantro.

Butternut Squash and Apple Soup



Recipe courtesy of Ina Garten

Shows: Food Network Specials and Barefoot Contessa **Episodes: Food Network Caters Your Wedding and Back to School**
From: Barefoot Contessa Parties!

Level: Intermediate

Total: 1 hr

Prep: 20 min

Cook: 40 min

Yield: 3 1/2 quarts

Ingredients:

- 2 tablespoons unsalted butter
- 2 tablespoons good olive oil
- 4 cups chopped yellow onions (3 large)
- 2 tablespoons mild curry powder
- 5 pounds butternut squash (2 large)
- 1. 1/2 pounds sweet apples, such as McIntosh (4 apples)
- 2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper
- 2 cups water
- 1 2 cups good apple cider or juice

1 2 cups



Directions:

- 1** Warm the butter, olive oil, onions, and curry powder in a large stockpot uncovered over low heat for 15 to 20 minutes, until the onions are tender. Stir occasionally, scraping the bottom of the pot.
- 2** Peel the squash, cut in half, and remove the seeds. Cut the squash into chunks. Peel, quarter, and core the apples. Cut into chunks.
- 3** Add the squash, apples, salt, pepper, and 2 cups of water to the pot. Bring to a boil, cover, and cook over low heat for 30 to 40 minutes, until the squash and apples are very soft. Process the soup through a food mill fitted with a large blade, or puree it coarsely in the bowl of a food processor fitted with a steel blade.
- 4** Pour the soup back into the pot. Add the apple cider or juice and enough water to make the soup the consistency you like; it should be slightly sweet and quite thick. Check the salt and pepper and serve hot.

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Glazed Apple-Maple Blondies
from Taste of Home

PREP TIME: 25 min

COOK TIME: 25 min

SERVINGS: 2 dozen.

INGREDIENTS

- 1-1/3 cups packed brown sugar
- 1/2 cup butter, melted and cooled
- 1/2 cup maple syrup
- 2 teaspoons vanilla extract
- 2 large eggs, room temperature
- 2 cups all-purpose flour
- 3/4 teaspoon salt
- 1/4 teaspoon baking soda
- 3 cups chopped peeled apples (about 3 medium)
- **GLAZE:**
- 1/4 cup butter, cubed
- 1/2 cup maple syrup
- 1/4 cup packed brown sugar

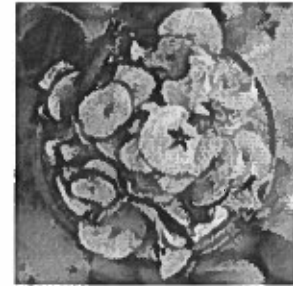
PREPARATION STEPS

1. Preheat oven to 350°. Line a 13x9-in. baking pan with parchment, letting ends extend up sides. , In a large bowl, beat brown sugar, melted butter, syrup and vanilla until blended. Beat in eggs, 1 at a time, beating well after each addition. In another bowl, whisk flour, salt and baking soda; gradually beat into brown sugar mixture. Stir in apples (batter will be thick)., Transfer to prepared pan. Bake until top is golden brown and a toothpick inserted in center comes out with moist crumbs, 25-30 minutes., Meanwhile, in a small saucepan, melt butter over medium-low heat; stir in syrup and brown sugar. Bring to a boil over medium heat; cook and stir until slightly thickened, 2-3 minutes. Remove from heat; cool slightly., Pour glaze over warm blondies. Cool completely in pan on a wire rack. Cut into bars.

Apple Chips Recipe

These are the best apple chips ever! No sneaky, unwanted ingredients.

Prep Time	Cook Time	Total Time
10 mins	4 hrs	4 hrs 10 mins



Course: Snack Cuisine: American

Diet: Diabetic, Gluten Free, Vegan, Vegetarian Servings: 6 servings

Calories: 64kcal Author: Kadee & Desarae



5 from 1 vote

Equipment

- Dehydrator

Ingredients

- 4 apples - variety of your choice
- 1 cup water
- juice from one lemon
- 1 teaspoon cinnamon

Instructions

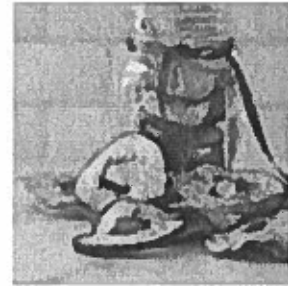
1. Slice apples thin - between $\frac{1}{8}$ inch and $\frac{1}{4}$ inch. I like to use a mandolin.
2. In a large bowl combine water, lime juice, cinnamon, and sugar. Place apple slices in mixture and soak 2-3 minutes.
3. Transfer apples slices to dehydrator trays, or a baking sheet linen with a silicone liner.
4. If using a dehydrator set to medium heat and dry until crisp - usually 4-6 hours. Check at 4 hours.
5. If using an oven, turn to lowest temp - around 200 degrees. Prop oven door open with a wooden spoon to allow better air flow and bake for 3-6 hours. Check at 3 hours.
6. Store in an airtight container.

Nutrition

Serving: 1cup | Calories: 64kcal | Carbohydrates: 17g | Protein: 0.3g | Fat: 0.2g | Saturated Fat: 0.04g | Polyunsaturated Fat: 0.1g | Monounsaturated Fat: 0.01g | Sodium: 3mg | Potassium: 131mg | Fiber: 3g | Sugar: 13g | Vitamin A: 67IU | Vitamin C: 6mg | Calcium: 12mg | Iron: 0.2mg

Dehydrated Cinnamon Apples Recipe

Dehydrating apples has never been easier. I'm going to tell you everything you need to know about a food dehydrator, plus simple step-by-step instructions on how to make these amazingly delicious dehydrated cinnamon apples!



Prep Time
20 mins

12 hrs

Total Time
12 hrs 20 mins



4.72 from 14 votes

Course: Snack Cuisine: American Servings: 8 servings

Calories: 78kcal Author: Amanda Mason

Equipment

- Food Dehydrator

Ingredients

- 5 apples, Honeycrisp, Gala, Fuji, or Pink Lady
- 1 lemon, juice of
- 2 Tablespoon sugar, granulated
- 2 teaspoon cinnamon, ground
- ½ teaspoon nutmeg, ground
- 1 teaspoon vanilla extract

Instructions

1. Core the apple and slice into rings that are ¼" thick.
2. Mix the lemon juice, vanilla extract, sugar, cinnamon, and nutmeg in a small bowl. Whisk until well blended. It's ok if some of the mixture is a little lumpy.
3. In a colander, rinse the apples. Place the apples in a gallon size Ziplock bag. Pour the lemon juice cinnamon mixture into the bag and seal.
4. Shake the bag until the mixture is well coated onto the apples. Let the apples marinate on the counter for 10 minutes.
5. Place each apple on the wire rack of the dehydrator. Apples should not be touching and should not overlap.
6. Put the wire racks into the dehydrator and close the door. Set the temperature to 135°F.
7. Depending on the desired texture depends on how long you will dehydrate the apples.

Crisp - I like mine more on the crisp side, so I run my dehydrator for a full 12 hours.

Pliable - run the dehydrator for 5-6 hours.

8. Once the apples are completely done, remove from the dehydrator and allow to cool.
9. Store in an airtight container.

Notes

- You "technically" don't need to add any sweeteners when dehydrating apples. The natural sugars get more intense during the drying process, but because I like to use tart apples and

this recipe calls for lemon juice, I like to cut the tart with a little bit of sweet.

- Do not package the dehydrated apples for storage until they are completely cool. You don't want to trap any moisture.
- Label your storage containers with the date of when you dehydrated the apples.
- By vacuum sealing them you increase the shelf life and reduce any chance for mold to grow.
- If you don't have a dehydrator, you can dehydrate them in an oven. Most food dehydrators range from 95° to 165°F which is the temperature range needed when dehydrating. Many ovens don't drop below 200 degrees, so it's harder to use the oven to truly dehydrate food. If you're dehydrating apples in the oven, set the oven to 200°F. Line 2 cookie sheets with parchment paper and bake them for 2-3 hours until desired texture.
- If sealed well, they will last about 6 months. Make sure you store them in a dry, cool place. To make them last longer, just throw them in the freezer and thaw when you're ready to eat or use them.
- You can actually dry apples in the sun. All you need is a low humidity environment. Since I live in Arizona, this works really well when we have 120 degree days in the summer. And yes, that happens here. To dry them in the sun, simply lay the sliced apples on a cookie sheet lined with parchment paper. After 6 hours, turn each apple slice over. Allow to dry in the sun for 6 more hours until they reach the desired texture.
- Dehydrated apples make the perfect gift for teachers, co-workers, and friends!

Nutrition

Calories: 78kcal | Carbohydrates: 20g | Protein: 1g | Fat: 1g | Saturated Fat: 1g | Sodium: 2mg | Potassium: 140mg | Fiber: 3g | Sugar: 15g | Vitamin A: 61IU | Vitamin C: 12mg | Calcium: 15mg | Iron: 1mg

Sur la table

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SPICED PUMPKIN LOAF

By Nordic Ware

Serves

Makes 1 loaf

Ingredients

- 1½ cup flour
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- ½ teaspoon ground cloves
- ½ teaspoon ground nutmeg
- ½ teaspoon salt
- ¾ cup sugar $3/4 \times 3 = 9/4 = 2 \frac{1}{4}$
- ¾ cup packed brown sugar $2 \frac{1}{4}$
- 1 teaspoon vanilla 3
- 1 cup canned pumpkin 3
- ½ cup butter, melted and slightly cooled
- 2 eggs
- ¼ cup milk
- Powdered sugar, for dusting

*for 3x recipe
+ 3 coarsely chopped apples
(for chunkiness)*

*3x
2 - 9x5
4 - mini loaves
took longer to
cook*

Procedure

Preheat oven to 350°F. Prep pan with shortening and flour or with baking spray.

In a bowl combine flour, baking powder, soda, spices and salt; set aside.

In a large bowl combine sugars, vanilla, pumpkin, eggs and butter until smooth. Then add flour mixture and milk and combine all ingredients.

Pour the batter into prepared pan. Tap pan on counter gently to remove bubbles. Bake until done, about 40-50 minutes. Loaf is done when toothpick inserted in center comes out clean. Cool cake on rack for 10 minutes, then turn out onto rack to cool completely. Dust with powdered sugar.

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MOM'S APPLE CRISP

Kate Butlein

8 lg. apples (Empire, Granny
Smith), peeled and sliced

$\frac{1}{2}$ tsp. cinnamon

Crumb Topping:

$\frac{1}{2}$ c. (1 stick) cold unsalted butter

1 c. oats

$\frac{1}{2}$ c. all-purpose flour

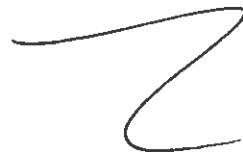
$\frac{1}{2}$ c. walnuts, chopped (opt.)

$\frac{3}{4}$ c. packed dark brown sugar

Cut butter into $\frac{1}{4}$ -inch pieces. In a food processor, pulse the flour and butter until the mixture resembles coarse meal. Add the sugar and oats and walnuts and pulse a few times until blended. Place apple slices, mixed with cinnamon in baking dish. Sprinkle crumb topping over the apples. Bake at 350° for 1 hour. Serve warm with vanilla ice cream or fresh whipped cream.

Notes: My mom has been making apple crisp for our family for a very long time. It is one of our family's favorite desserts. She now doubles the recipe so that there is some left over for the next morning. Tastes great reheated in the microwave.

I added $\frac{1}{2}$
bag of Trader
Joe frozen
mixed berries



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Calories: **78kcal** Author: **Amanda Mason**

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