



The Apple Cookbooklet

10 Sweet & Savory Apple Recipes for Your Family

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Applesauce

Applesauce is easy to make, tastes great, and freezes like a charm.

Prep Time: 10 minutes

Cooking Time: 10 minutes

Serves: Serves 4



Ingredients:

- 1lb (450g) cooking apples, such as Granny Smith, peeled, cored, and quartered
- 2-3 tbsp sugar (depending on the tartness of the apples)

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Directions:

1. Put the apples in a saucepan, sprinkle with 1 tablespoon water, then add the sugar. Cover and cook over low heat for 10 minutes, or until the apples have begun to lose their shape.
2. Uncover and continue cooking, stirring constantly with a wooden spoon, until the mixture reaches the desired consistency. Taste and add more sugar, if needed. Serve warm or cold with roast pork.

Tips:

- When cool, transfer to a plastic freezerproof container, and freeze for up to 1 month. Defrost thoroughly before use.

Apple Fritters

These light, batter-coated rings enclose tender apple, with the aromatic flavors of anise and cinnamon

Prep Time: 20 minutes

Cooking Time: 15 minutes-20 minutes, plus 1 hr resting

Serves: makes 4 servings



Ingredients:

- 3 large Golden Delicious apples
- 3/4 cup sugar
- 1/4 cup anise liqueur, such as Anisette or ouzo
- 2 tbsp fresh lemon juice
- 2/3 cup milk
- 1/3 cup plus 1 tbsp olive oil
- 2 large eggs
- 1 3/4 cups all-purpose flour
- 1 1/2 tsp baking powder
- 1/4 tsp ground cinnamon
- vegetable oil, for deep-frying
- confectioner's sugar, for dusting

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Directions:

1. Peel, core, and thinly slice the apples into rounds about 1/8in (4mm) thick. Toss the apples, 1/4 cup of the sugar, the liqueur, and lemon juice in a bowl. Let stand for 30 minutes.
2. Meanwhile, whisk the remaining 1/2 cup sugar, milk, oil, and eggs together in a bowl. Sift in the flour, baking powder, and cinnamon and stir until smooth. Set aside for 30 minutes.
3. Pour enough oil to come halfway up the sides of a large skillet and heat over high heat to 350°F (180°C). In batches, dip the drained apple slices in the batter. Deep-fry about 3 minutes, until golden brown. Using a slotted spoon, transfer to paper towels to drain. Serve warm, dusted with confectioner's sugar.

Tips:

- Good with vanilla ice cream, or plain, with a cup of coffee.

Classic Apple Crumble

Apple crumble is a classic family-favorite.

Prep Time: 15 minutes

Cooking Time: 30 minutes

Serves: Serves 4



Ingredients:

- 3 large Granny Smith or Bramley apples, peeled, cored, and coarsely chopped
- 4-6 tbsp granulated sugar, depending upon the tartness of the apples

For the crumble topping

- 4 tbsp cold butter, cut into small cubes
- 1 1/4 cups all-purpose flour
- 2/3 cup light brown sugar (packed) or granulated sugar

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Directions:

1. Preheat the oven to 375°F (190°C). Place the apples in a saucepan with the granulated sugar and 2-3 tbsp of water. Cook over low heat, stirring frequently, until the apples are tender but still hold their shape. Spoon the mixture into a 1 quart (1.2 liter) ovenproof, freezer-safe dish.
2. To make the topping, combine the butter and flour in a bowl. Using your fingertips, rub the flour into the butter until the mixture resembles coarse bread crumbs. Rub in the sugar in the same manner. Sprinkle over the apple mixture, then bake for 30 minutes, or until the topping is barely golden. Leave to cool completely, wrap in plastic wrap and then foil, and freeze.
3. To serve, defrost in the refrigerator overnight. Uncover and bake in a preheated 350°F (180°C) oven for 30 minutes, or until the top is golden brown and the filling is bubbly-hot.

Tips:

- Add a few blackberries or blueberries to the apples toward the end of the cooking time in Step 1.
- Cheat...A 12-14oz (400g) can of prepared apple pie filling can be your secret ingredient for an easy version of this dessert.

Apple Muffins

These are best served straight from the oven for breakfast, but are also good in lunch boxes or with afternoon tea

Prep Time: 10 minutes

Cooking Time: 20 minutes-25 minutes

Serves: makes 12 muffins



Ingredients:

- 1 Golden Delicious apple, peeled, cored, and diced
- 1/2 cup packed light brown sugar
- 2 tsp lemon juice
- 1 1/3 cups all-purpose flour
- 1/3 cup whole wheat flour
- 4 tsp baking powder
- 1 tbsp pumpkin-pie spice
- 1/2 tsp salt
- 1/4 cup pecans, coarsely chopped
- 1 cup whole milk
- 1/4 cup vegetable oil
- 1 large egg, beaten
- turbinado (raw) sugar, for sprinkling

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Directions:

1. Preheat the oven to 400°F (200°C). Line a 12-cup muffin pan with paper liners. Combine the apple, 1/4 cup brown sugar, and the lemon juice in a bowl, and mix until the apple pieces are evenly coated. Set aside for 5 minutes.
2. Meanwhile, whisk together the flours, baking powder, pumpkin-pie spice, and salt in a large bowl. Mix in the remaining brown sugar and pecans.
3. Whisk together the milk, oil, and egg, then add the apple mixture. Pour into the dry ingredients and stir until just mixed.
4. Divide the batter among the muffin cups, filling them about two-thirds full. Sprinkle with the turbinado sugar. Bake for 20-25 minutes, until the tops are rounded and light brown. Immediately unmold the muffins onto a wire rack. Serve hot, warm, or at room temperature.

Tips:

- Good with butter when they are still hot.

Apple Pie

When you are short on time, use pre-made pie crusts. Including some Granny Smith apples will make a tangier pie

Prep Time: 25 minutes, plus chilling

Cooking Time: 50 minutes

Serves: makes 8-10 servings



Ingredients:

- one 15oz (420g) package refrigerated pie crusts
- grated zest of 1 lemon
- 2 tbsp fresh lemon juice
- 6 Golden Delicious apples, peeled, cored, and thinly sliced
- 1/3 cup sugar
- 3 tbsp all-purpose flour
- 1 tsp pumpkin-pie spice
- 2 tbsp milk, to glaze the dough

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Directions:

1. Place a baking sheet in the oven and preheat to 400°F (200°C). Mix the lemon zest and juice in a large bowl. Peel, core, and thinly slice the apples, and toss them with the lemon mixture as they are sliced. Add the sugar, flour, and pumpkin pie spice and mix well.
2. Line a 9in (23cm) pie pan with a pie crust and brush the edge with water. Spread the apple filling in the pan. Center the second pie crust over the filling. Press the edges of the crusts together to seal them, then flute them. Brush the top of the pie crust with milk and cut a few slits in the crust.
3. Place the pie on the hot baking sheet. Immediately reduce the oven temperature to 375°F (190°C). Bake the pie for 50-55 minutes or until the pastry is golden brown.
4. Transfer the pie to a wire cake rack and cool for at least 1 hour. Cut into wedges and serve warm, or cool completely and serve at room temperature.

Tips:

- Good with a scoop of vanilla ice cream or crème anglaise.

Waldorf Salad

A classic salad named after the prestigious Waldorf-Astoria Hotel in New York

Prep Time: 20 minutes, plus at least 30 mins chilling
Serves: makes 4 servings



Ingredients:

- 1lb (450g) crisp, red-skinned apples, cored and diced
- 2 tbsp fresh lemon juice
- 4 celery stalks, sliced
- 1/2 cup mayonnaise
- salt and freshly ground black pepper
- 3oz (85g) walnuts, toasted and coarsely chopped

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Directions:

1. Toss the diced apples and lemon juice well in a medium bowl.
2. Add the celery and mayonnaise, and mix. Season with salt and pepper. Cover with plastic wrap and refrigerate.
3. Stir in the walnuts. Transfer to a serving dish and serve well chilled.

Roast Pork Pita with Applesauce

Mix it up a little with this roast pork in pita bread recipe.

Prep Time: 10 minutes

Cooking Time: 30 minutes

Serves: Serves 2



Ingredients:

- 1 tbsp olive oil
- 1 tbsp butter
- 1 onion, finely chopped
- 1/2 cup fresh bread crumbs, made from about 2 slices of firm-textured white bread
- 4 fresh sage leaves, finely chopped
- 1 large egg, lightly beaten
- sea salt and freshly ground black pepper
- 4 pita breads
- 8oz (225g) leftover roast pork, sliced
- apple sauce, store-bought or homemade

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Directions:

1. Preheat the oven to 400°F (200°C). Heat the olive oil and butter in a frying pan over low heat. Add the onion, and cook gently for about 5 minutes until soft. Stir in the bread crumbs and sage, and cook for a few minutes. Remove from the heat, and allow to cool.
2. Stir the beaten egg into the bread crumb mixture, and season well with salt and pepper. Spoon into a buttered dish, and bake for about 20 minutes.
3. Warm the pita breads, then slice open the pocket and stuff with the pork, a spoonful of bread stuffing, and some applesauce. Serve immediately with a crisp salad.

Sausage and Apple Stuffing

Fragrant with sage, this is a tasty side dish for any poultry

Prep Time: 10 minutes

Cooking Time: 40 minutes

Serves: makes 4 servings



Ingredients:

- 2 slices day-old white or whole wheat bread, crusts removed
- 1/4 cup chicken stock or milk
- 1 large egg, lightly beaten
- 2 shallots, finely chopped
- 1 tbsp chopped sage, plus whole leaves to garnish
- 1lb (450g) bulk pork sausage
- 1 Granny Smith apple, peeled and shredded
- salt and freshly ground black pepper
- a few whole cranberries, to garnish

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Directions:

1. Preheat the oven to 350°F (180°C). Cut the bread into 1/2in (13mm) pieces. Place in a mixing bowl, sprinkle with the stock, and let stand 5 minutes, until softened. Mash the soaked bread with a fork, then stir in the beaten egg.
2. Stir in the shallots and sage. Add the sausage and apple and season with salt and pepper. Mix until well combined.
3. Oil an 11 × 8in (28 × 20cm) baking dish. Spoon the stuffing mixture into the dish. Bake 30 minutes, or until the top is browned.
4. Garnish with the sage leaves and cranberries. Serve hot, from the dish.

Tips:

- freeze for up to 2 months
- Prepare ahead: The stuffing can be covered and refrigerated up to 1 day before baking.
- Good with any poultry.
- Leftovers make great sandwich fillings, with cranberry sauce, tomato chutney, or mustard.

Chicken with Cider and Cream

Cider and cream make a delicious sauce to put over chicken.

Prep Time: 15 minutes

Cooking Time: 1 hours

Serves: Serves 4



Ingredients:

- about 1 tbsp olive oil
- 2 onions, cut into 8 wedges
- 2 garlic cloves, finely chopped
- 8 chicken thighs (preferably free-range)
- 1 1/4 cups hard cider, apple cider, or unsweetened apple juice
- 1 1/4 cups heavy whipping cream
- a few sprigs of fresh rosemary
- sea salt and freshly ground black pepper

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Directions:

1. Preheat the oven to 400°F (200°C). Heat 1 tablespoon olive oil in a large cast iron or other flameproof casserole over medium-low heat. Add the onion and a pinch of salt, and cook for 5 minutes until soft. Now add the garlic, and cook for 10 seconds.
2. Push the onions to one side of the casserole, and increase the heat to medium-high. Add a little more oil if needed, and add the chicken thighs, skin-side down. Brown for about 10 minutes, turning once, until golden.
3. Increase the heat slightly and pour in the cider. Let bubble for a few minutes, then reduce the heat to a simmer, and add the cream. Add the rosemary sprigs, and season well with salt and pepper.
4. Cover, and transfer to the oven to cook for about 40 minutes. If it is becoming too dry, add a little hot water or stock. Serve hot with mashed potatoes and crusty bread, to mop up all the juices.

Carrot, Apple, and Cabbage Salad

Carrots, cabbage, and peanuts make a delicious combination in this simple salad.

Prep Time: 15 minutes

Serves: Serves 4



Ingredients:

- 2 Fuji or other sweet apples
- 4 carrots, coarsely grated
- 1 small white cabbage, cored and shredded
- handful of roasted sunflower seed kernels
- handful of cocktail peanuts or dry-roasted peanuts

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For the dressing

- 1 tbsp light soy sauce
- 1 tbsp Thai fish sauce (nam pla)
- 1 fresh green chile, seeded and chopped
- 1 garlic clove, finely grated
- juice of 2 limes
- 1-2 tsp granulated sugar
- handful of cilantro leaves, finely chopped
- sea salt and freshly ground black pepper

Directions:

1. First, make the dressing. Put all the dressing ingredients in a small bowl, and mix thoroughly until the sugar has dissolved. Taste, and season with salt and pepper as needed, then check the seasoning again. If it needs sweetening, add more sugar; if it needs salt, add a little more fish sauce.
2. Quarter and core the apples, then chop into bite-size pieces.
3. Put in a large bowl with the carrot, cabbage, and sunflower seed kernels. Toss well.
4. Drizzle with the dressing, and toss to coat.
5. Transfer to a serving dish or bowl, and scatter the peanuts over the top.

Tips:

- Use prepared rice stick noodles instead of the cabbage if you prefer.