



**RECIPES FOR
APPLE DAY 2007**

20 pence



Pheasant and Apple Pie

175mm / 7ins x 75mm / 3ins loose bottomed, spring form cake tin.

Do this recipe over 2 days.

Ingredients

Filling:

1 Pheasant

6 Eating apples

12 Shallots

600ml / 1 pint still cider

Bouquet garni

Salt and pepper

A little melted Sunflower oil or butter

Hot water pastry:

350g / 12oz flour

1/2 tsp salt

125g / 4oz margarine

150ml / 1/4 pint water

1 egg yolk

Method

Day 1

Wash the pheasant thoroughly under cold running water. Put into a casserole with the bouquet garni, salt and pepper and 4 shallots.

Pour over the cider, put on the lid and cook in a hot oven for 1/2 hour and then turn the oven down to medium and cook until the meat is falling off the bones.

Take all the meat off the bones, removing any skin and refrigerate when cold.

Put the bones and stock together in a pan and reduce the stock to half. Strain off the reduced stock and refrigerate when cold.

Day 2

Peel and chop the rest of the shallots and cook until soft in a little sunflower oil or butter. Put to one side until cold.

To make the hot water pastry:

Sift the flour and salt into a Pyrex bowl.

Put the water and margarine in a pan on a low heat until the margarine is melted then bring to the boil.

Make a well in the middle of the flour.

Beat the egg yolk, pour into the well and cover with a little flour.

Pour the boiling water / margarine onto the flour, stirring with a wooden spoon all the time, until the mixture is cool enough to handle.

Turn out onto a floured board and knead until the dough is soft and pliable.

Form into a ball, put back into a covered bowl and leave to rest for 20 minutes in a warm place.

Butter the cake tin well.

Reserve 1/4 of the pastry for the lid.

Roll out the rest on a floured board to fit the tin.

Line the tin by pressing it firmly into place, making sure there are no holes.

With the rest of the pastry cut out several leaves, each 40mm / 1 1/2 ins long.

Mix the meat with the shallots, adjusting the seasoning as necessary. Add some of the stock to moisten the mixture and spoon into the tin - press down well.

Wash, core and slice the apples thinly.

Arrange in an overlapping ring around the edge of the tin.

Put a layer of the reduced stock, which should be of a jelly consistency, over the apples.

Place the pastry leaves in a rosette in the centre and brush with a little melted butter.

Bake in a preheated hot oven for 20 minutes, then cover the top with baking paper and continue in a medium one for 20 minutes more.

Let it cool in the tin before removing it.

Serve cold.

Apple and Cream Cheese Toasties

Ingredients

White bread

Cream cheese

Apple sauce (2 Cooking apples, juice and zest of 1 lemon, 4oz sugar)

Butter or sunflower spread

Icing sugar

Ground cinnamon and allspice

Method

Apple sauce

Wash, peel, core and chop the apples and place in a pan with the zest and juice of the lemon and sugar. Cook over a low heat until the sugar is dissolved and the apples have fallen.

Switch on the 2 toasted sandwiches maker.

Butter 1 side of the bread with butter or spread.

Place 1 slice buttered side down in the sandwich maker tray and put a layer of cream cheese, followed by a spoon full of apple sauce in the middle, covered by another layer of cream cheese on it. Leave a margin free from the filling around the edge. Put the top slice on with the buttered side to the outside. Follow the same order for the other sandwich

Apple Sauce Cake

Ingredients

340g cooking apples peeled

110g butter

225g caster sugar

225g plain flour

175g chopped apricots

1tsp bicarbonate of soda

1tsp mixed spice

Method

Slowly stew apples with minimum water to give pulp. Let them cool. Cream butter with sugar. Add cooled apple pulp, flour, apricots and bicarb and mixed spice. Mix together.

Preheat oven to 180c/350f/gas 4. Put mixture in 7" round or 2lb loaf tin and cook for 90 minutes (check after 60). 10 minutes before end of cooking sprinkle with 1tbsp of Demerara sugar.

Note – a very moist cake which should not be kept too long (not usually a problem!)

Apple and Date crumble cake

Ingredients

For Crumble topping

2oz plain flour
1tsp ground ginger
2oz butter
1oz caster sugar

For Cake

6oz butter
6oz caster sugar
3 medium eggs, beaten
6oz self raising flour
2oz stoned dates, chopped
12oz bramley Apples, peeled, cored, and sliced

Method

Heat oven to 190c/fan170c/gas 5. Grease and line the base of an 8" springform tin. Make crumble by mixing ginger into flour and rubbing in butter to make breadcrumbs. Stir in sugar. Set aside.

For cake – cream butter and sugar together until fluffy. Gradually beat in the eggs, adding a little flour to prevent curdling. Fold in the remaining flour and dates and spoon into prepared tin. Make a slight hollow in the centre with the back of a spoon.

Layer the apples on top pressing down. Scatter crumble over the top. Bake for 50/60 mins until a skewer inserted into centre comes out clean. Cool in tin for 10 mins, then serve warm with custard or cream.

Sweet Chutney

Ingredients

2lbs Apples
1 tbs fresh ginger, chopped
1 tbs garlic, chopped
1lb raisins
1 tbsp dried red chillies
1 tsp salt
1lb soft brown sugar
½ pint vinegar

Peel and core the apples and cut in pieces. Pound the ginger and garlic together. Mix all the ingredients together and cook gently to form a chutney.

Bottle when cool.

(For a real hot version – increase the chillies!)



Apple and Onion Bake

Ingredients

1lb potatoes
3 medium onions, thinly sliced
2oz butter
1 tbsp oil
3 cooking apples
salt and black pepper
Cheese sauce
1 pint milk infused with 1 bayleaf, mace and peppercorns
2oz butter
2oz flour
1 rounded tsp made up mustard
4oz grated cheese

Topping

2oz grated cheese
2oz wholemeal breadcrumbs

Method

Scrub potatoes and cube or slice. Cook in boiling water until just cooked.

Sauté the onion in the oil and butter until soft but not brown.

Quarter and core apples but do not peel. Cut into thin slices.

Make up the cheese sauce by melting butter and adding flour. Cook for 2-3 mins and gradually add the warm milk. Stir until thick – add grated cheese and mustard and season to taste.

To assemble, grease a 1 ¼ pint ovenproof dish. Put half onions in dish, followed by half the potatoes, followed by half the apples. Season as you go. Pour over half the sauce. Repeat the layers, finishing with a layer of sauce.

Mix the cheese and crumb topping and sprinkle over the top. Bake for 45 mins 190c/375f/gas 5 until bubbling and brown. Serve with a mixed crisp salad.

Recipe Editor's Note

Some recipes are in new money (kg/ml) and some are in old (oz/pint) – but I think we are used to this now!

Most of the recipes are tried and tested but there are a few new ones – any feedback would be welcome – perhaps via the BOG website blog.

HAPPY APPLE COOKING

more recipes overleaf

Apples stuffed with Almonds and Apricots

Ingredients

25g whole almonds, in their skins
100g dried apricots
2 tbsp dark rum
50g caster sugar
6 apples (perhaps russet)
50g unsalted butter

Method

Pour boiling water over the almonds, leave for 20 mins. Then slip off the skins with your fingers. Slice the almonds lengthways into quarters, then chop the dried apricots into half cm cubes. Mix the nuts and fruit with the rum and 25g caster sugar and leave to soak for 30 mins to one hour.

Peel the apples but leave stalks on. Trim the bottom of each apple so it sits flat, then slice off the top quarter (the lid). Using teaspoon, scoop out the pith and pips from each apple, leaving a whole in the middle the size of a walnut. Stuff this with the apricot and almond filling, then dot evenly with half the butter.

Preheat oven to 180c/350f/gas 4. Put on apple lids. Put remaining butter on top, and sprinkle the last of the sugar over the apples. Bake for one hour, basting with the buttery juices half way through. Service piping hot with crème fraiche or cream.

Kohlrabi, apple and beetroot salad

Ingredients

2 large kohlrabi
3 apples (preferably Cox)
2 medium beetroot
40g coriander, roughly chopped plus extra for garnish
1 or 2 garlic cloves crushed (to your taste)
55ml cider vinegar
50ml virgin olive oil
salt and pepper

Method

Peel the kohlrabi, cut in half and slice thinly. Core the apples and slice to the same thickness. Peel the beetroot and grate coarsely on a cheese grater.

Mix together all the vegetables in a large bowl, then add the rest of the ingredients. Stir well, taste and season – you can afford to be generous with the salt. Pile of serving plate and garnish with coriander.

Serve with fish, chicken or a vegetarian tart.

Squash, Apple and Cumin Soup

Ingredients

1 medium onion, finely chopped
1oz butter
½ tsp cumin seed, roasted and ground
1 butternut squash, de-seeded and cubed
1 large cooking apple, peeled and chopped
2 fresh sage leaves chopped
1½ pints vegetable stock
¼ pint apple juice (pref organic)
salt and pepper

Method

Melt the butter in a thick based saucepan and cook the onion over a medium heat until softened, not brown. Add the cumin, sage, squash, apple and stock and cover and simmer for 45 mins until both squash and apple are soft. Puree in batches in the food processor. Put back in pan, add apple juice and warm gently. Season and garnish with more sage leaves.

Apple Cake

Ingredients

12oz rubbed in mixture
(8oz plain flour, 4oz margarine and
1 heaped tsp baking powder)
8oz chopped peeled cooking apples
2oz currants
4oz brown sugar
½ tsp mixed spice
1 egg
little milk

Method

Add baking powder to flour, rub in margarine to form breadcrumbs. Add spice, apples, currants and sugar, with beaten egg and enough milk to give a soft dropping consistency.

Bake for 1 hour in a slow oven, 300f/gas 2. Serve hot with custard or cold, sliced and buttered.

Cooking apples stewed with mixed spice, or clove, or sultanas and sugar are then delicious served with porridge – or ice cream, or cream or custard.

