



## Apple latkes

### With peppered quark and beetroot salsa

A latke is a European, Jewish potato pancake often served at Hanukah. They can be made with most root vegetable, but potatoes are generally included. I include sweet apple in mine. They are traditionally shallow fried, but I prefer them roasted as they are less oily. Like bubble and squeak, you can use latkes as a vehicle for using up leftovers. Serve topped with the salsa and quark.

Makes 16 latkes

1kg waxy potatoes, grated  
3 firm dessert apples, grated  
3 spring onions, very finely chopped  
3 tbsp white flour  
2 free-range egg, beaten  
1 tsp caraway seeds  
½ tsp chilli powder or flakes  
Salt and freshly ground pepper  
Olive or sunflower oil

1. If roasting, preheat the oven to 180c or 350f
2. Grate the potatoes and apple. Allow these to drain in a cloth lined colander. You are aiming to remove as much liquid as you can.
3. To the grated apple and potato, add the onion, egg and flour. Add the caraway seeds, chilli and season with salt and pepper. The mixture should feel a little sticky and bind together if you scrunch some up in your hand.
4. If roasting - Divide the mixture into 12 – 16 portions and if fat averse, put onto a lightly oiled baking tray. Brush the tops lightly with oil and roast for 25 minutes or until golden. If you prefer a really crispy latke, preheat the pan with 2mm of oil until smoking hot then add the mixture and roast as above.
5. If frying - Heat enough sunflower oil to ¼ fill a large frying pan until moderately hot and then place heaped tablespoons of the mixture gently into the pan. Fry for about five minutes on each side, turning over when the edges turn golden-brown. Do this in several batches rather than overcrowd the pan.
6. Remove the latkes from the pan and drain on brown paper or kitchen paper.

### For the beetroot and apple salsa

Mix together 4 cooked and chopped beetroot with 2 large dessert apples, peeled and finely chopped, the zest and juice of one lime and 4 tbsp chopped fresh mint leaves

### For the peppered quark

Mix 200g of quark or cream cheese with 1 tsp of black pepper and a little salt.





## Apple glazed tempeh

Tempeh is made from fermented soybeans bound by Rhizopus fungi into a compact bean cake. It has a unique flavour and texture and is a complete protein as it contains all of the essential amino acids. It is also rich in isoflavones, which are said to strengthen bones, help to ease menopause symptoms, reduce risk of coronary heart disease and some cancers. One can buy it in Asian and health food stores and it comes raw, smoked or ready fried. This dish is essentially fried tempeh in a teriyaki sauce, but I use apple juice or apple concentrate as the sweetener in my teriyaki. Serves 4

250g ready fried tempeh or raw tempeh cut into 8 strips

1 tbsp grated ginger

50ml apple juice concentrate or 100ml apple juice

50ml tamari or dark soya sauce

50ml water

Juice of 1 lime

25g sesame seeds, dry toasted

Sunflower oil

### Method:

1. Heat a large frying pan over a medium to high heat and brush with oil and fry the tempeh strips until they go golden brown. Raw tempeh will need more oil and a longer fry.
2. Add the ginger and cook for a moment or two before adding the apple juice, soya sauce, lime juice and water.
3. Turn up the heat and cook hard until the liquid has reduced by  $\frac{2}{3}$ <sup>rd</sup> and it starts to produce big dark glossy bubbles. Turn the tempeh over in this sauce once or twice and remove from the pan.
4. Top the tempeh with the remaining sauce and sprinkle over the sesame seeds.
5. You can de-glaze the pan with more water or apple juice to make extra sauce.





## Apple & fava bean masala

Apple makes a great base for a curry. It caramelizes easily and easily carries other flavours. Fava beans are a type of broad bean. They grow well in the UK and are a good source of protein. Serve this with rice or flatbreads and a coconut chutney. Serves 4-6

2 sweet eating apples, peeled, cored and cubed  
2 tart cooking apples, peeled, cored and cubed  
500g pre-cooked fava beans or chick peas  
1 onion, sliced very fine  
2 tbsp tomato puree  
1 tsp green chillies, minced  
1 tsp mustard seeds  
1 tsp cumin seeds  
1 tsp ginger, minced  
½ tsp turmeric  
2 tbsp sunflower oil or gee  
6 curry leaves  
4 tbsp chopped coriander

### Method:

1. Heat oil or gee in a large pan over a medium heat. Add mustard seeds, when they start to pop, add the cumin seeds, curry leaves, green chillies, ginger and onions and sauté till the onions just start to turn brown.
2. Add the tomato puree, diced apples and turmeric and cook hot for a few minutes.
3. Add the pre-cooked beans and enough water to almost cover the beans. Bring to the boil and then reduce the heat and cook until the liquid is reduced by half.
4. Add salt to taste and finish off with fresh coriander.





## Pears poached in vanilla spiked cider

### With hazelnut brittle

This is an easy recipe for making use of hard pears. The cider is optional, but it does make for an intense and enigmatic flavour. The hazelnut crunch is my take on peanut brittle, but without the sugar or peanuts. It is a delicious and nutritious sweet treat which is easy to make and stores well. The seeds are a great source of carbohydrates, protein and healthy fats. You can use this combination of seeds and nuts or improvise and create your own.

Serves 4

- 4 hard conference or conmmice pears
- 1 cup of cider or apple juice
- 1 cup water
- 1 vanilla pod, split lengthways or 2 tsp vanilla extract

1. Peel the pears and cut off the very bottom so that they sit upright in a deep pan.
2. Pour over 1 cup cider and one cup of warm water plus a vanilla pod or vanilla extract. You can also add a cinnamon stick if you have one or stud the pears with a few cloves.
3. Bring this slowly to the boil and then reduce the heat to a simmer. Cook the pears gently for 20 minutes or until the pears are soft.
4. Gently remove the pears from the liquid and put to one side.
5. Continue to cook the liquid until it is reduced by 2/3rds and has syrup like consistency. Return the pears to the reduction cook for a few moments until the pears are glazed and serve with a dollop of yoghurt, a swirl of the syrup, topped with some hazelnut brittle.

### For the brittle

- 2 tbsp chopped hazelnuts
- 2 tbsp pumpkin seeds
- 2 tbsp sunflower seeds
- 2 tbsp barley malt syrup or runny honey (one of each if you have both)

1. Line a baking tray with greased paper or a light coating of sunflower oil
2. Start by dry toasting the nuts and seeds in a large frying pan over a medium heat. Add the sunflower, pumpkin seeds and nuts to the hot pan and dry fry, stirring constantly until, they go a shade or two darker.
3. Add the honey or malt syrup or a spoon of each directly to the pan, stir well until the seeds and nuts are coated and then pour the hot, sticky seeds onto an oiled plate or baking paper.
4. With wet hands, mould into a disk and push gently down. When dry, cut the slab into slices or wedges.

