

APPLE DAY RECIPES 2016

BEETROOT & APPLE BORSHT WITH DILL CREAM

APPLE & CHEDDAR FRENCH TOAST

PEAR, FETA & WALNUT BOREK WITH MUHAMMARA

APPLE ROSTI WITH SALSA VERDE

APPLE & RASPBERRY BLINI WITH BUTTERSCOTCH



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Borsht

Borsht is Eastern European vegetable soup which has countless national, regional and family variations. It generally has beetroot in which gives borsht its characteristic red colour. You can eat this soup hot or cold, with or without the added bits. Make 1.5 litres of soup

500g fresh beetroot, washed peeled and cut into small cubes
2 onions, finely chopped
1 cooking apple, peeled, cored and cut into pieces (optional)
1 tbsp sunflower oil
1l low salt vegetable or chicken stock
Salt and pepper to taste

Serve with:

500g white potatoes, peeled, cut into 2cm cubes and boiled or steamed until tender
125ml single cream
10g fresh dill

Heat the oil in a soup pan and gently fry the onions and apple for about 5 minutes.
Add the beetroot and vegetable or chicken stock and bring to the boil. Reduce the heat to a fast simmer and cook until the beetroot is soft, about 15 minutes. Blend using a hand blender or mash with a potato masher.
Mix most of the dill into the cream. Serve hot with the cooked potatoes and a swirl of cream, or cold with just the cream, topped with remaining dill.

Apple and cheese French toast

Apple, cheese, fried bread . . . what's not to like?

2 cooking apples and 2 sweet apples, peeled, cored and chopped
butter
½ tsp. cinnamon
8 slices of your preferred bread – brioche buns work a treat.
200g grated cheddar cheese
2 eggs
¾ cup milk

In a small pan over medium heat, sauté the apples in 1 tbsp butter. Add cinnamon and cook apples until tender and golden, about 5 to 7 minutes. Set aside. Beat eggs and milk together in a shallow baking dish or bowl. Set aside. Spoon the apples evenly over 4 of the bread slices. Then sprinkle evenly with cheddar cheese. Sandwich with the remaining slices. Dip each sandwich into the egg mixture until evenly soaked. Heat a large pan or griddle to medium heat. Add 2 tbsp. butter. When butter melts, add the sandwiches. Cook until golden brown and crisp on both sides and cheese is melted, about 3 to 4 minutes per side.



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Pear and feta borek

These small pies or stuffed buns are found across the Levant and the fillings include stewed fruit, cheese and greens and spiced lamb. This one works well with under ripe pears.

1000g enriched dough
250g chopped onions or leeks
500g firm sweet pears, peeled and chopped
100g walnuts, toasted and rough chopped
2 tbs chopped fresh mint
1 tsp flaked chilli
1 tsp salt
Olive oil
1 egg, beaten with a pinch of salt for an egg wash
50g nigella or sesame seeds

For the filling: Heat a table spoon of oil and gently fry the leeks or onions gently for a good while, till soft and starting to caramelize. Add the pears, chilli, salt and nuts and cook for a couple of minutes. Add the mint and cool before using

To assemble: Portion off 50g pieces of dough. Roll them into balls and allow to rest for 45 minutes. Roll these out into 10 cm disks. Brush the edges with beaten egg and place the filling in the centre of the disk. Fold over to make a half moon and crimp the edges shut. Place on a baking tray, brush with egg wash and top with sesame or nigella seeds. Prove up for 30 minutes and then bake at 200°C for 15 minutes.

Enriched olive oil dough

1kg strong white flour
550ml warm water, 25°C – 35°C depending on the ambient temperature
8g of fresh yeast or 12g instant yeast
15g salt
50g sugar
2 medium eggs (room temperature)
25g olive oil

Mix the yeast, sugar and water and ½ of the flour. Ferment for up to 2 hour. Beat two eggs and add to the sponge together with the fat, salt and remaining flour. Mix well to form dough, knead until it smooth and place in an oiled bowl. Cover and ferment for 2 - 3 hours in a warm place, longer in the cool. Knock back the dough and lightly re-knead then use as required.

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Muhammara

A chill based paste found across the Middle East. It is prepared both as a concentrated spice paste and as a sauce or dip. This is a fresh version which I like to serve with borek or falafel.

3 large red peppers, long romano if possible
3 bird's eye green chillies
1 tsp regular chilli flakes
1 small bunch of parsley, washed, dried and chopped
½ tsp cumin seeds, toasted and crushed
2 garlic cloves, peeled and crushed
2 tbsp olive oil
Salt
Zest and juice of one lemon

Heat the oven to 220C/425F/gas mark 7. Halve and de-seed the peppers then roast for 15 minutes, until soft and the skin is blistering. Put into a small bowl and cover. When cool, peel the peppers, discard their skin then chop or process to a rough paste. Chop the parsley, chilli and garlic up finely and mix with the peppers. Add the spice, salt, lemon juice, oil and lemon zest. Mix this well or blitz briefly in a processor.

Apple rosti

A potato rosti is a wondrous thing, made sublime with the addition of apple and smoked cheese.

400g potatoes, peeled and grated
1 Bramley apple, peeled, cored and grated
100g smoked cheddar, grated
1 tsp wholegrain mustard
1 egg yolk
1 tbsp chopped chives
sea salt and freshly ground black pepper

Place the potatoes and apple in a clean tea towel and squeeze out as much water as possible. Tip into a bowl and add the cheese, mustard, egg yolk, chives, salt and pepper. Mix thoroughly. Heat a large non-stick frying pan over a low-medium heat, and add a good splash of oil. Divide the rosti mixture into 6 and spoon into the frying pan, pressing down with the back of the spoon to give a flat surface. Cook for about 5 minutes before carefully turning over and continuing to cook for a further 5 minutes, until both sides are golden and crisp. Serve straight away.

Salsa Verde

Blend together - 1 large bunch parsley, 4 tbsp olive oil, 2 cloves garlic, 1 tbsp capers and 2 tbsp red wine vinegar. Season with salt and pepper



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Buckwheat blinis with apple and raspberries

Blinis are an Eastern European crumpet or drop scone. Adding the fruit directly to the batter works a treat and takes the edge off the bitterness characteristic of buckwheat. This batter keeps well if refrigerated and cooked blinis can be frozen. Makes 16 large blinis

150g buckwheat flour
150g gluten free self-raising flour
325ml dairy or rice milk
2 eggs, lightly beaten
2 tsp bicarbonate of soda
150g fresh raspberries
1 large dessert apple, peeled, cored and chopped into small cubes
3g/1 shy teaspoon salt
sunflower oil

For the batter - Beat the milk and eggs together in a large poring jug and then gradually stir in the flour, salt, sugar and bicarbonate of soda to make a smooth batter with the consistency of double cream. If the batter feels too thick add some more milk, likewise if it seems too wet add more flour. Add the fruit and stir through. Allow mixture to stand for approximately 5 minutes before using. You may need to add a little more liquid as the batter does thicken.

To cook - Heat a non-stick or heavy skillet pan over a medium heat and brush with sunflower oil. Pour about 2 tbsps of mixture per blini into the heated pan. When bubbles appear, turn the blini. Cook until golden. Remove from pan and keep warm. Repeat with remaining mixture.

Butterscotch sauce

100g caster sugar
25g butter
300ml pot double cream

Dissolve the caster sugar with 3 tbsps water over a low heat. Bring to the boil but don't stir at all. When the sugar is a dark golden caramel, whisk in butter. Remove from the heat and stir in double cream.



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