

*Here is a selection of Appley Recipes that were served at Appley Cafe 2012*

*The menu includes soup, a main dish, pudding, cake and an apple and lemon curd.*

### ***CURRIED APPLE AND PARSNIP SOUP***

#### **Ingredients**

- 1 heaped teaspoon coriander seeds
- 1 heaped teaspoon cumin seeds
- Seeds from 6 cardamom pods
- 700 g / 1 lb 8 oz. young parsnips, peeled and chopped
- 200 g / 7 oz. cooking apples, peeled, cored and chopped
- 2 medium onions, chopped
- 2 cloves garlic, chopped
- 1 ½ / 855 ml pints stock
- 1 heaped teaspoon turmeric
- 1 heaped teaspoon ground ginger
- 1 tablespoon oil
- 15 g / 2/4 oz. vegan margarine
- Salt and pepper to taste

Dry fry the coriander and cumin seeds for a couple of minutes to release the flavour. Set the spices to one side.

Heat margarine and oil until they have melted.

Add the onions and cook until they soften.

Add all the spices and cook for a minute.

Add chopped parsnips and chopped apples and stock.

Season with pepper. Bring to the boil and simmer gently for an hour.

Cool slightly then liquidise in a blender or roughly mash with potato masher.

### ***TART & TANGY BAKED BEANS***

Preparation time: Presoaked beans need up to 1 ½ hours to cook. Get everything else ready during this time.

Yield: 6 to 8 servings.

NOTE: the beans need to soak for at least 4 hours ahead of time.

- 3 cups dry pinto beans, soaked (or about 4 to 6 tins of cooked beans)
- 4 cups chopped onions
- 2 Tbs. olive oil
- 1 ½ to 2 Tsp. salt

- 1 Tbs. chili powder
- 2 Tsp. cumin
- 1 ½ Tsp. dry mustard
- 6 to 8 medium cloves garlic, minced
- 6 Tbs. dry white wine (optional)
- 6 to 8 Tbs. cider vinegar (to taste)
- 3 to 4 Tbs. molasses (to taste)
- 2 cups grated mild cheese (optional)
- Lots of black pepper
- Crushed red pepper, to taste
- 3 medium-sized tart apples, cut into medium-sized chunks
- 4 medium-sized ripe tomatoes, chopped

Place the pre-soaked beans in a kettle and cover them with plenty of water. Bring to a boil, lower to a simmer, partially cover, and cook slowly until tender (1 ¼ to 1 ½ hours), checking the water level during cooking. Drain off any excess when the beans are done. (This can be saved for soup stock)

Begin cooking the onions in olive oil in a medium-sized skillet. Add salt, chili powder, cumin, and mustard, and sauté over medium heat for about 8 to 10 minutes. Add garlic, and sauté for another 5 minutes or so. Add this sauté to the cooked beans, along with all remaining ingredients.

Preheat oven to 180°C., 350°F. Mix the beans well and transfer to a deep casserole or a 9x13 inch baking pan. Cover tightly with foil, and bake 1 hour.

### **TOFFEE APPLE TART**

One tart serves 4 to 6 people.

- 450 g. / 1lb. apples
- 150 g. / 5 oz. sweetened shortcrust pastry\*
- 110 g. / 4 oz. sugar
- 25 g. / 1 oz. butter
- 1 tbs. water

Melt the sugar with 14.17 g. / ½ ounce of the butter and the water in a saucepan until it turns to a golden toffee colour. Pour it quickly into a buttered 8-inch flan-tin, turning the tin so that the whole surface becomes coated with the toffee. If you are freezing the tart you must use a foil flan-case unless you can leave the tart in its tin while it is in the freezer.

Peel and core the apples, cut them into fine slices and arrange them closely on the toffee. Dot them with the remaining butter, and, if they are very sour, sprinkle on a little more sugar. Cover with the pastry, sealing the edges down well. Prick the pastry and bake in a hot oven (220°C., 425°F., gas 7) for 30-40 minutes.

*To serve immediately:* allow to cool for a few minutes, then put a plate on top of the tin and turn the tart out carefully, so that the toffee is on top. Be careful not to spill the juice. Serve hot or cold.

*To freeze:* allow to cool, wrap and freeze.

*To serve after freezing:* place the frozen tart in a hot oven (220 °C., 425°F., gas 7) for 20 minutes. Serve as for immediate eating.

### **\*SWEETENED SHORTCRUST PASTRY**

450 g. / 1 lb. Flour

110 g. / 4 oz. icing sugar

275 g. / 10 oz. Butter

Pinch of salt

Sift the flour, icing sugar and salt into a bowl or on to a pastry board. Dice the butter and rub it in with the tips of the fingers until the mixture is like very fine breadcrumbs. Mould it lightly into a ball and leave to rest in the refrigerator for ½ hour before using, or freeze. This pastry is very crumbly, and can be either rolled out in small quantities, or kneaded or patted into flan tins. It will need rather longer than the others to thaw after freezing.

### **APFELKUCHEN**

- 900 g. / 2 lb. cooking apples
- 225 g. / ½ lb. margarine
- 225 g. / ½ lb. butter
- Approx. 225 g. / ½ lb. sugar
- 2 eggs
- 340 g. / ¾ self-raising flour
- 2 or 3 drops vanilla essence
- ½ tsp. cinnamon (optional)

#### **Whipped cream**

Cream the margarine and butter with 113 gr. / ¼ lb. of the sugar. Add the well-beaten eggs, the flour and the vanilla essence.

Line a shallow baking tin with buttered greaseproof paper and spread the mixture in this. It should be about ½ inch thick, and a rectangular tin measuring about 12x8 inches, or a round one about 11 inches in diameter, can be used.

Peel and core the apples, quarter them and cut them into very thin slices – they should be about 1/8 inch thick at the outer edge – and press them, rounded side upwards, into the cake mixture. Every centimetre or so it should be covered, and in the end you should have a pattern of half-moons sticking up cheek by jowl. Dredge the rest of the sugar on top (you can if you like mix ½ teaspoon of cinnamon with this), and bake in a moderately hot oven (200 °C., 400°F gas 6) until the apples are pale brown and juicy, and the cake mixture well cooked. When the cake has cooled a little, turn it on to a cake rack and allow it to become quite cold.

*To freeze:* Wrap in foil, polythene film or moisture-vapour-proof tissue and freeze. This quantity will give you a big cake, so it is better to cut it in two and freeze the two halves separately.

*To serve after freezing:* thaw for 5 or 6 hours at room temperature. Cut into slices and serve with whipped cream.

### **BRAMLEY LEMON CURD**

*Or another apple variety that falls to a puree when cooked. Although this is a preserve of sorts it has a short shelf life; it will need eating within 4 weeks. Once opened, keep in the fridge.*

- Makes 5x225g jars
- 450g/1lb. Bramley apples, peeled, cored and chopped
- Finely grated zest and juice of 2 unwaxed lemons (you need 100 ml strained juice)
- 125g/4 ½ oz. unsalted butter
- 450g/1lb. granulated sugar
- 4-5 large eggs, well beaten (you need 200 ml/ approx. ½ pint beaten egg)

Put the chopped apples into a pan with 100ml water and the lemon zest. Cook gently until soft and fluffy, then either beat to a purée with a wooden spoon or rub through a nylon sieve.

Put the butter, sugar, lemon juice and apple purée into a double boiler or heatproof bowl over a pan of simmering water. As soon as the butter has melted and the mixture is hot and glossy, pour in the eggs through a sieve, and whisk with a balloon whisk. If the fruit purée is too hot when the beaten eggs added, the egg will “split”. One way to guard against this is to check the temperature of the purée with a sugar thermometer – it should be no higher than 55-60 °C when the egg is added. If your curd does split, take the pan off the heat and whisk vigorously until smooth.

Stir the mixture over a gentle heat, scraping down the sides of the bowl every few minutes, until thick and creamy. This will take 9-10 minutes; the temperature should reach 82-84 °C on a sugar thermometer. Immediately pour into warm, sterilised jars and seal.