

Judy's Monthly Recipes!

Seasonal, Healthy, and Tasty for Chimacum Corner Farmstand
NOVEMBER 2013: *Savory Apples!*

Apple Burgers

I love to make meatless burgers and had never tried one with fruit. Since I love sweet and savory together, the apple seemed like the perfect flavor. It's great on a whole wheat bun with the chutney, which adds big flavor to the sandwich.

- 1 cup minced onion
- 2 tart apples (Granny Smith), grated
- 8 slices stale sandwich bread
- 1 large green pepper, seeded and chopped
- 1 Tablespoon minced fresh ginger
- 2 cups cooked white or brown rice
- 6 Tablespoons rolled oats, ground in blender or processor
- ½ teaspoon salt
- Fresh ground black pepper, to taste
- 1 Tablespoon canola oil, or more as needed

Put the onion into a large bowl. Squeeze the grated apple lightly to remove excess juice, then add to the bowl. Break the bread into pieces and blend or process to make crumbs. Add the bread crumbs, bell pepper, ginger, cooked rice and half the ground oats to the bowl with onions and apples and mix well. Season with salt and pepper.

Form four patties about 1-1/2 inches thick. Place a large skillet over medium heat and add the oil. Coat the patties with the remaining ground oats. Cook for 2 to 3 minutes per side, until they begin to brown slightly. Add a little more oil if needed.

Serve with hot sauce or apple chutney.

Makes 4 patties

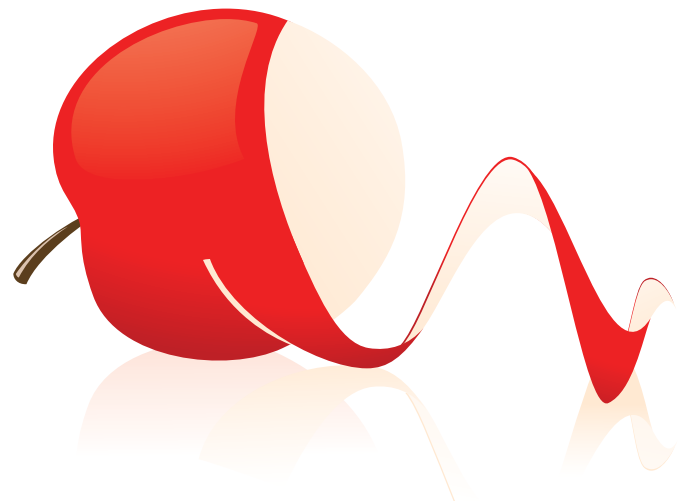
Apple-Mango Chutney

This recipe is by the great chef Charlie Trotter who sadly passed away recently.

- 1/2 cup chopped onion
- 2 Tablespoons peeled, chopped fresh ginger
- 1 Tablespoon canola oil
- 1 cup diced ripe mango
- 1 cup diced unripe mango
- 1 cup Granny Smith (or other tart apple), peeled, cored and chopped
- 4 Tablespoons dried cranberries
- 4 Tablespoons dried black currants
- 2 cinnamon sticks
- 2 star anise
- 4 Tablespoons small-diced red bell pepper
- 2 Tablespoons (or more to taste) seeded small-diced jalapeno
- 4 Tablespoons small-diced green bell pepper
- ½ cup rice vinegar
- ½ cup sugar
- ½ cup water

Sauté the chopped onion and ginger in the canola in a medium saucepan over medium heat for 2 to 3 minutes, until translucent. Add the remaining ingredients and stir until combined. Cook over medium-low heat, stirring occasionally, for about 1-1/2 hours, or until all the liquid has been cooked out of the chutney. Remove the star anise and cinnamon sticks.

Makes about 2 cups



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Cheddar and Herb Baked Apples

This is more of a side dish than a dessert. It goes well with poultry and pork. Apples and cheddar are a perfect match.

- 12 medium sized apples, McIntosh, Fuji or Granny Smith, peeled and sliced
- 1 Tablespoon cornstarch
- 2 Tablespoons butter
- ½ cup brown sugar
- ½ teaspoon cinnamon
- ½ teaspoon grated lemon zest
- Dash of nutmeg
- ½ teaspoon dried rosemary
- ½ teaspoon dried thyme
- ½ cup (or more) grated cheddar cheese

Preheat broiler to the lowest setting.

In a large bowl, toss the sliced apples with all ingredients except the cheese.

Melt butter in a nonstick skillet over medium heat. Add the apples. Cook, stirring occasionally, about 10 minutes, until softened.

Transfer the cooked apples to a small baking dish. Top with the cheddar and a sprinkling of herbs if desired.

Place under the broiler for about 5 minutes, until the cheese begins to bubble and brown.

Makes about 4 to 6 servings

This makes a very good side dish or savory dessert.

Rye Bread Stuffing with Apples and Sauerkraut

It's time to think about Thanksgiving. Every year I try to serve a satisfying vegan or vegetarian dish that's not salad. I found this recipe and talked about it with a friend, who I found out hates rye bread. She decided to make it for her husband who is a sauerkraut fanatic. She used it in stuffed onions and is now a rye bread convert. She will be making it this Thanksgiving. It was really delicious.

- 10 thick slices rye bread
- 4 Tablespoons unsalted butter (for vegan, use a butter flavored spread like Earth Balance)
- 1 teaspoon caraway seeds
- 2 onions, chopped
- 3 stalks celery, with leaves, chopped
- 2 tart apples, diced
- 3 cups sauerkraut, drained well, reserve the brine
- Sea salt and freshly ground black pepper, to taste
- 2 Tablespoons unsalted butter (or butter flavored spread), cut into small pieces

Preheat the oven to 350.

Toast the bread until crisp and well toasted. Cut into bite-sized cubes. You should have 7-1/2 cups. Set aside.

Heat the butter or spread in a large sauté pan over medium heat. Add the caraway seed and sauté 1 minute, until fragrant. Add the onions and celery and sauté until soft, about 5 minutes. Scrape into a mixing bowl. Add the apple and sauerkraut and stir to combine. Add the bread cubes and gently toss to combine. If the mixture seems dry, add water or reserved sauerkraut brine 1 Tablespoon at a time, just until moist. Taste and add salt and pepper.

When cool, you can use this to stuff a turkey.

To bake separately, oil a 2-quart casserole. Add the stuffing and dot with the 2 Tablespoons spread. Cover the casserole and bake for 25 minutes. Uncover and bake 10 minutes more, until top is crusty.

You can also use this to stuff onions or other vegetables.

Makes enough to stuff a 12 pound turkey.

Recipe can be doubled.

