

Apple Menus and Recipes



Every year to date, Bradford Apple Group have produced a booklet of recipes featuring the dishes served in the Apple Cafe plus a few more. Here are two menus featuring recipes that we have published. One menu is for that special event where you want to impress guests, the other has simple recipes suitable for children to prepare or for cook and eat training activities.

Menu 1

Dinner Menu (for 4 people)

Pear, Celeriac and Stilton Soup with Apple and Onion Bread

Fruited Lamb Kofta
Beetroot, Potato, Apple and Chive Salad
Cauliflower and Apple Salad with Apple Vinaigrette
Pitta Bread

Crème Normande
Menu 2

Cook & Eat Menu

Roasted Bramley and Pumpkin Soup

Saltaire Sausages
Tart and Tangy Beans
Parsnip and Apple Mash

Apple Brownies



Menu 1 Recipes



Pear, Celeriac and Stilton Soup

500g/1lb pears, peeled, cored and sliced
375 g/ ¾ lb celeriac, peeled and roughly chopped
1 small onion, chopped
vegetable stock
150 g/ 5 oz Stilton cheese, crumbled
Chives, chopped to garnish
Single cream, to serve

- Cover the pears in water and poach until tender. Blend pears and water together.
- Heat about 1 tbsp vegetable oil over a medium heat and saute the onion until it is translucent
- Add the celeriac and cook, covered, for 10-15 minutes or until tender.
- Add the stock and blended pears. Bring to the boil then reduce heat and simmer for 10 minutes.
- Liquidise the soup and return to a clean pan. Re-heat gently, add the Stilton and season to taste.
- Serve with a swirl of cream and sprinkling of chopped chives.

Apple and Onion Bread (Makes 3 small loaves)

700 ml/ 1¼ pt hand hot water
30 g / 1 oz fresh yeast
1.5 kg / 3 lb wholemeal flour
2 medium onions
2 medium cooking apples
125 ml/ ¼ pt vegetable oil
1 ½ tsp salt

- Put the water in a large mixing bowl and crumble in the yeast. Stir until dissolved then add enough flour to make a thick batter. Cover and leave in a warm place for 30 minutes.
- Skin and finely chop the onions and apples. Add them to the batter.
- Stir in the oil and salt and mix thoroughly.
- Stir in the flour until the dough begins to hold together, then turn it on to a floured board and knead, adding more flour as necessary.
- Knead until the dough is smooth and elastic. Return to the bowl and cover and leave in a warm place for about 1 hour.
- Turn out the dough and knead briefly before cutting into 3 equal pieces. Knead each piece for a few minutes before shaping and placing in greased and floured



bread tins. Cover and leave to rise for 20 minutes. Preheat the oven to very hot (230 C /450 F/gas 8).

- Bake in the centre of the oven for 15 minutes then reduce heat to moderate (175 c/350 F/gas 4) and bake for a further 30 minutes.
- Remove from the tin and cool on a wire rack.



Fruited Lamb Kofta

280 g/10 oz mean minced lamb
1 apple
½ quince (or 1 peach)
1 small onion
85 g/3 oz sultanas or raisins
2 heaped tbs pine nuts
2 slices Granary bread, crumbled
3 cloves garlic, chopped
2 tbs plain yoghurt
4 tbs chopped fresh coriander
2 tsp ground cumin
2 tsp paprika
½ tsp curry powder
½ tsp ground ginger
Large pinch dried chilli flakes
1 egg, beaten
About 1 - 2 tbs sunflower oil.



- Finely chop the apple, quince and onion
- Turn into a large bowl and add the remaining ingredients apart from the oil.
- Mix thoroughly then knead together with your hands.
- Divide into 8 portions and shape each into a flattish burger.
- Cover and refrigerate until ready to cook.
- Heat a little oil in a non-stick frying pan over medium heat. Fry the kofta for 5-6 minutes per side or until golden brown. Take care when turning over as they are very fragile.

Beetroot, Potato, Apple and Chive Salad

300 g/ 10 oz beetroot, cooked
250 g / 9 oz new or waxy salad potatoes, cooked in their skins and sliced
1 crisp apple
Lemon juice
3 tbs chopped chives, plus extra to garnish
4 tbs mayonnaise (or 4 tbs soured cream and ½ tbs white wine vinegar)
Seasoning

- Cut the beetroot into 1 cm / ½" cubes
- Quarter and core the apple and toss in a little lemon juice to prevent browning
- Mix everything together and season to taste.
- Sprinkle with more chives to garnish

Cauliflower and Apple Salad with Apple Vinaigrette



For the vinaigrette:

650 ml/ $\frac{3}{4}$ pt apple juice

6 tbs vinegar (cider or red wine)

2 tsp wasabi or Dijon mustard

1 medium clove garlic, minced

- Put all the ingredients in a medium jar with lid. Cover tightly and shake well to blend
- Store in refrigerator (keeps several weeks).
- Shake well before each use.

For the salad:

1 small cauliflower

4 large sweet apples

1 tbs orange juice

- Break the cauliflower into small florets
- Core and slice the apples (leave unpeeled to add colour)
- Combine with orange juice and a 1-2 tbs dressing

Crème Normande

500 g/ 1 lb eating apples, peeled and quartered

4 tbs Calvados

6 tbs caster sugar

30 g/1 oz butter

3 egg yolks

300 ml/ $\frac{1}{2}$ pt whipping cream

2 tbs flaked almonds

- Place apples in an oven-proof dish. Add Calvados and stir. Cover and leave for at least 1 hour
- Drain off the liquid from the apples and reserve. Sprinkle half the sugar over the apples and dot with butter. Bake for 20 minutes in an oven 200 c/4 F/gas 6.
- Beat together the reserved calvados, egg yolks, sugar and cream. Pour over the baked apples and place in a bain marie (put the dish in a roasting tin with boiling water half way up the sides of the dish). Bake for a further 20-20 minutes until the custard has set.
- Serve hot or cold.



Menu 2 Recipes



Roasted Bramley and Pumpkin Soup

Preparation time: 10 minutes; cooking time: 15 - 20 minutes

350 g/12 oz Bramley apples, peeled, cored and sliced
1 pumpkin weighing about 1.4 kg/3 lb
1 onion, chopped
4 tbs olive oil or vegetable oil
2 garlic cloves, peeled
1 tbs coriander seeds
550 ml/1 pt vegetable stock
200 ml/ 7 fl oz tub half fat crème fraiche
Pepper
Garnish: Crème fraiche and pumpkin seeds

- Preheat the grill to high.
- Quarter the pumpkin and scoop out the seeds. Cut into large chunks and put in a roasting tin with the onion, apples, garlic and coriander seeds. Sprinkle over the oil and toss to mix. Grill for 15-20 minutes until tender and brown, turning occasionally.
- When cool enough to handle, spoon the mixture into a food processor and blend. Add some of the stock and blend until smooth. Alternatively, put the roasted vegetables into a pan and add the remaining ingredients and blend with a hand blender.
- Reheat gently and season to taste.
- Serve with a swirl of crème fraiche and a sprinkle of pumpkin seeds.



Saltaire Sausages

160 g/6 oz fresh white breadcrumbs
110 g/4 oz grated Lancashire cheese
1 small onion, grated
1 apple, peeled, cored and grated
1 tbs chopped sage
2 eggs
Pinch dried mustard
Seasoning
Flour for dusting
Dried breadcrumbs
Oil for frying

- Mix cheese, onion, apple, sage, seasoning and fresh breadcrumbs together.

- *Beat together one egg and one egg yolk. Stir into breadcrumb mixture to bind.*
- *Roll into sausage shapes.*
- *Beat the remaining egg and egg white together.*
- *Dip the sausages into the beaten egg then coat in flour and dried breadcrumbs.*
- *Fry, turning, until golden brown*



Tart and Tangy Beans

2 cans black eyed or pinto beans
 1 large cooking apple, cut into medium sized chunks
 2 medium ripe tomatoes, chopped
 ½ red pepper, chopped
 1 large onion, chopped
 3 cloves garlic, crushed
 3 tbs white wine (optional)
 2-4 tbs cider vinegar (to taste)
 2 oz grated mild cheese (optional)
 1½ tbs molasses
 1 tbs olive oil
 Plenty freshly ground black pepper

- *Put the oil in a large pan over a medium heat. Add the onions and dry seasonings and saute for 8-10 minutes*
- *Add the garlic and continue to cook for 5 minutes*
- *Put the beans in a casserole and add the onion mixture and the remaining ingredients and stir well.*
- *Cover and bake in a pre-heated oven 180 C/350 F/gas 4 for 1 hour*

Parsnip and Apple Mash

500g/ 1lb 2 oz parsnips, chopped (remove central core if very large)
 250 g/9 oz Bramley apples, peeled, cored and finely chopped
 50 g/2 oz unsalted butter
 4 tbs double cream
 4 tbs milk
 1 tbs creamed horseradish
 Pinch salt and freshly ground black pepper

- *Cook the parsnips in plenty of boiling water until tender. Drain*
- *Mash or blend to give a puree*
- *Heat half the butter in a pan over medium heat. Add the apples and cook until they are soft and pulpy.*
- *Add the parsnips and remaining ingredients.*
- *Season to taste and serve.*



Apple Brownies

115 g/4 oz self raising flour

450 g/1 lb unpeeled cooking apples, washed, cored and cut into large cubes

175 g/6 oz soft brown sugar

85 g/3 oz chopped dates

55 g/2 oz walnuts, coarsely chopped

1 egg

1 tsp vanilla essence

- Sift the flour into a bowl.
- Make a well in the centre and add the melted butter, egg and vanilla essence. Mix to a stiff batter, beating lightly.
- Add the remaining ingredients and stir well.
- Grease a shallow baking dish and spread the mixture evenly in it.
- Bake at 200 c/400 F/gas 6 for about 50 minutes.
- Serve hot with whipped cream

