



# El portal de la manzana

**Recetas del Chef  
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# 1. Apple Crepes with Butter Sauce

Makes 6 servings

## Ingredients

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### Crepes:

- 1 cup whole milk
- 1/2 cup cornstarch
- 1/4 cup all purpose flour
- 3 large eggs
- 3 tablespoons unsalted butter, melted
- 2 tablespoons sugar
- 1 tablespoon Calvados or other apple brandy
- 1 teaspoon vanilla extract
- 1/4 teaspoon coarse kosher salt

### Butter sauce:

- 6 tablespoons (3/4 stick) unsalted butter, room temperature
- 1/2 cup sugar
- 1/4 teaspoon coarse kosher salt
- 3 tablespoons Calvados or other apple brandy

### Apples

- 2 tablespoons (1/4 stick) unsalted butter
  - 2 medium-size Golden Delicious apples, peeled, cored, cut into 1/2-inch cubes
  - 3 tablespoons sugar
  - 1/4 teaspoon coarse kosher salt
  - 1/4 teaspoon ground cinnamon
  - 2 tablespoons Calvados or other apple brandy
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## Preparation

### For crepes:

Combine all ingredients in blender and blend until smooth. *DO AHEAD Crepe batter can be made 1 day ahead. Cover and refrigerate. Reblend before using.*

Line plate with paper towel or parchment paper. Heat 9-inch-diameter nonstick skillet with 7-inch-diameter bottom over medium heat. Add 2 tablespoons batter to skillet; tilt and rotate skillet to spread batter evenly over bottom. Cook until center of crepe is cooked through and edges are lightly browned, about 1 minute. Run spatula around crepe and invert onto prepared paper-towel-lined plate. Repeat with remaining batter, placing paper towel or parchment paper between crepes, making at least 18 crepes. DO AHEAD *Can be made 1 day ahead. Cover and refrigerate.*

**For butter sauce:**

Using electric mixer, beat butter in medium bowl until well blended. Add sugar and coarse salt; beat until fluffy. Gradually beat in Calvados just until incorporated. DO AHEAD *Can be made 1 day ahead. Cover and refrigerate.*

**For apples:**

Melt butter in heavy large skillet over medium heat. Add apples; sprinkle with sugar, coarse salt, and cinnamon. Sauté until apples are tender, about 3 minutes. Add Calvados and cook until most of liquid evaporates, about 2 minutes. Remove from heat. DO AHEAD *Can be made 2 hours ahead. Let stand at room temperature.*

Preheat oven to 300°F. Place crepe stack (with paper towels between crepes) on rimmed baking sheet. Cover baking sheet with foil and seal at edges; warm in oven until crepes are heated through, about 20 minutes for cold crepes and 15 minutes for room-temperature crepes.

Stir Calvados butter sauce in small saucepan over medium-low heat until melted and heated through. Rewarm apple mixture over medium heat, stirring occasionally, about 3 minutes. Place 1 crepe on plate, browned side down. Spoon 2 teaspoons Calvados sauce over crepe, then fold crepe into quarters. Repeat with remaining crepes and Calvados butter sauce, placing 3 crepes on each plate. Spoon apples over crepes on each. Spoon any remaining sauce over crepes and serve.

## 2. Lady Apples in Apple Ice Wine Gelée

Makes 8 servings

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### Ingredients

- 1 lemon
  - 2 3/4 lb lady apples (24 to 28)
  - 1 1/2 cups apple ice wine\*, or 3/4 cup unfiltered apple cider stirred together with 3/4 cup dry white wine
  - 3/4 cup sugar
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### Preparation

Remove 2 (4- by 1-inch) strips of zest from lemon with a vegetable peeler, then halve lemon crosswise.

Peel top 1/2 inch of each apple, leaving stem and rest of skin intact. Rub cut side of a lemon half over peeled part of apples. Arrange apples, stem ends up, in 1 layer in a 12-inch heavy skillet. Add zest and ice wine to skillet, then sprinkle sugar over apples. Bring to a simmer over moderate heat, swirling skillet occasionally, then reduce heat to low and cover skillet.

Poach until apples are tender but still hold their shape, 20 to 50 minutes. Check apples frequently after 20 minutes and transfer as cooked to a bowl.

Discard zest and spoon cooking liquid over apples. Chill, covered, until cold, at least 3 hours (liquid will gel slightly). Bring to room temperature just before serving.

Cooks' note: Apples can be chilled up to 3 days.

### 3. Upside-Down Butterscotch Apple Sour Cream Cake



Makes 8 servings

Baker's sugar, a favorite of pastry chefs, is also called superfine sugar. It measures the same as regular but dissolves more quickly.

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#### Ingredients

##### Cake

- 1 1/2 cups all purpose flour
- 1 1/2 teaspoons baking powder
- 3/4 teaspoon salt
- 1/2 cup (1 stick) unsalted butter, room temperature
- 2/3 cup baker's sugar (superfine sugar) or regular sugar
- 2 large eggs
- 1 1/2 teaspoons vanilla extract
- 1/2 cup sour cream
- 1/2 Golden Delicious apple, peeled, cored, finely chopped (about 3/4 cup)

##### Butterscotch-caramel apples

- 6 tablespoons (3/4 stick) unsalted butter
- 1/3 cup (packed) dark brown sugar
- 1/3 cup butterscotch morsels
- 2 8-ounce Golden Delicious apples, peeled, halved, cored, cut into 1/4-inch-thick slices

## Preparation

### For cake:

Preheat oven to 375°F. Mix flour, baking powder, and salt in medium bowl. Using electric mixer, beat butter in large bowl until smooth. Gradually add sugar and beat until well blended. Add eggs and vanilla; beat until blended. Beat in flour mixture, then sour cream. Stir in chopped apple. Set aside while preparing butterscotch-caramel apples.

### For butterscotch-caramel apples:

Melt butter in 10-inch-diameter nonstick ovenproof skillet over medium heat. Add brown sugar and butterscotch morsels; stir until melted and smooth and mixture is bubbling, about 2 minutes. Add apple slices to skillet and cook until golden brown, using tongs to turn slices, about 3 minutes per side (there will be a lot of liquid in skillet). Remove skillet from heat and let cool 3 minutes. Using tongs, arrange apple slices in skillet in concentric circles or other pattern.

Carefully spoon cake batter in small dollops atop apples in skillet. Using offset spatula, gently spread batter evenly to edges of skillet (batter will seem to float on top of apples and pan juices). Bake until cake is golden brown and tester inserted into center comes out clean, about 30 minutes. Cool in skillet 10 minutes. Run knife around edges of cake to loosen. Place large platter atop skillet. Using oven mitts or pot holders, hold platter and skillet firmly together and invert, allowing cake to settle onto platter. Serve cake warm.

Test-kitchen tip: If your nonstick skillet doesn't have an ovenproof handle, wrapping the handle in two layers of heavy-duty foil will make it oven safe.

#### 4. Autumn Apple Strudel



Makes 6 to 8 servings

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#### Ingredients

##### Sauce

- 1 cup apple juice
- 4 ounces bittersweet (not unsweetened) or semisweet chocolate, chopped
- 1 tablespoon brandy
- 1/2 teaspoon vanilla extract

##### Filling

- 1 cup plus 2 tablespoons apple juice
- 1/2 cup dry white wine
- 3 whole star anise\*
- 1 cinnamon stick
- 1 vanilla bean, split lengthwise
- 1/3 cup (packed) dried Bing cherries
- 1/3 cup (packed) pitted prunes, halved
- 1 1/4 pounds Braeburn apples, peeled, cored, cut into 1/2-inch cubes
- 1/3 cup (packed) golden brown sugar
- 1 1/2 tablespoons cornstarch

##### Strudel

- 2/3 cup hazelnuts, toasted, husked
- 1/2 cup graham cracker crumbs

- 3 tablespoons sugar
- 9 17x12-inch sheets fresh phyllo pastry or frozen, thawed
- 1/2 cup unsalted butter, melted
- Vanilla ice cream

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## Preparation

### For sauce:

Boil juice in small saucepan until reduced to 1/2 cup, about 6 minutes. Remove from heat. Add chocolate and let stand 1 minute; whisk until melted and smooth. Stir in brandy and vanilla. (Sauce can be prepared 4 days ahead. Cover and chill. Rewarm before serving.)

### For filling:

Combine 1 cup juice, wine, star anise, and cinnamon in large saucepan. Scrape in seeds from vanilla bean; add bean. Bring to simmer. Remove from heat. Cover; let stand 10 minutes. Add cherries and prunes. Cover and simmer until fruit is plump, about 5 minutes. Discard star anise, cinnamon, and vanilla bean. Mix in apples and sugar; simmer until apples are tender but hold shape and liquid is reduced to 3 tablespoons, stirring occasionally, about 45 minutes. Mix cornstarch and 2 tablespoons apple juice. Add to filling; stir over medium-high heat until filling thickens and boils, about 3 minutes. (Can be made 3 days ahead. Cool slightly, cover, and chill.)

### For strudel:

Preheat oven to 375°F. Lightly butter heavy large baking sheet. Blend first 3 ingredients in processor until nuts are finely ground.

Place dry kitchen towel on work surface. Place 1 phyllo sheet on towel (cover remaining phyllo with plastic wrap and damp towel). Brush phyllo lightly with melted butter. Top with second phyllo sheet; brush with butter. Sprinkle with scant 3 tablespoons nut mixture.

Continue with 6 more phyllo sheets, brushing each with butter and sprinkling with scant 3 tablespoons nut mixture. Top with remaining phyllo sheet. Brush with butter. Spoon filling atop phyllo stack in 12x3-inch log, starting 2 inches from 1 long side and 2 1/2 inches from each short side. Fold short edges over filling. Using towel as aid and beginning at edge close to filling, roll up strudel jelly-roll style. Place strudel, seam side down, on prepared baking sheet. Brush strudel with butter. (Can be made 4 hours ahead. Chill.)

Bake strudel uncovered until golden, about 45 minutes. Let cool at least 30 minutes. Cut warm or room-temperature strudel into slices; place on plates. Serve with ice cream and warm chocolate sauce.

\*Brown star-shaped seedpods sold at Asian markets and specialty foods stores and in the spice section of some supermarkets.

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## 5. Norman Potato Salad with Apples

Serves 6 as a side dish

The sweet crispiness of the apples and the tang of vinegar give this potato salad a special lift. It's named after Normandy, famous for its apples...

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### Ingredients

- 2 pounds yellow-fleshed potatoes such as Yukon Gold
- 3 tablespoons cider vinegar
- 2 Granny Smith apples
- 1 tablespoon fresh lemon juice
- 1 cup apple juice
- 1/2 cup well-chilled heavy cream
- 1/2cup mayonnaise
- 2 tablespoons coarsely chopped fresh flat-leafed parsley leaves
- 1 teaspoon Calvados (French apple brandy; optional)
- freshly ground black pepper to taste

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### Preparation

In a 3-quart kettle cover potatoes with cold salted water by 2 inches and simmer until potatoes are tender but resist when pierced with a fork, about 20 minutes. Drain potatoes in a colander. When potatoes are just cool enough to handle, peel and cut into 1/4-inch-thick rounds. While potatoes are still warm, layer one third in a large serving dish or bowl and drizzle with 1 tablespoon vinegar. Season potatoes with salt and pepper.

Continue layering in same manner with remaining potatoes and vinegar, seasoning with salt and pepper. Peel, quarter, and core apples. Cut quarters crosswise into 1/8-inch-thick pieces and in a bowl toss with lemon juice. In a small saucepan simmer apple juice until reduced to about 3 tablespoons. In a bowl beat cream until it just holds soft peaks and gently but thoroughly fold in reduced apple juice, mayonnaise, parsley, Calvados, and pepper. Season sauce with salt and gently toss together with potatoes and apples.

## 6. Lattice Apple Pie with Mexican Brown Sugar



Makes 8 servings

**Total time:** 4 1/2 hr

We took a regular apple-pie recipe and sweetened the filling with Mexican piloncillo, an unrefined brown sugar. What a difference a sugar makes.

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### Ingredients

- 1/2 pound *piloncillo* (unrefined brown sugar; also called panela)
- 3/4 cup water
- 4 (1-inch-wide) strips orange zest
- 1/4 teaspoon cinnamon
- 1/4 teaspoon ground allspice
- 2 1/2 pound medium apples
- 3 tablespoons all-purpose flour
- Pastry dough (for a double-crust pie)
- 1 tablespoon milk
- 1 teaspoon sugar
- Accompaniment: rum ice cream

## Preparation

Put a large heavy baking sheet in middle of oven and preheat oven to 425°F.

Bring *piloncillo*, water, zest, spices, and 1/8 teaspoon salt to a boil in a small heavy saucepan, covered, stirring occasionally until *piloncillo* has dissolved. Remove lid and boil over medium-low heat until syrup is thickened and reduced to about 3/4 cup, 6 to 10 minutes.

Discard zest and cool syrup slightly.

Meanwhile, peel and core apples, then cut into 1/2-inch-wide wedges.

Toss apples with flour, then with syrup.

Roll out 1 piece of dough (keeping remaining piece chilled) on a lightly floured surface with a lightly floured rolling pin into a 13-inch round, then fit into a 9-inch pie plate.

Trim edge, leaving a 1/2-inch overhang, and chill shell.

Roll out remaining piece of dough on a lightly floured surface with a lightly floured rolling pin into a 16-by 11-inch rectangle. Cut dough crosswise into 11 (1 1/4-inch-wide) strips. Stir apple mixture, then spoon evenly into pie shell. Weave a tight lattice pattern over pie with pastry strips.

Trim all strips flush with edge of pie plate. Fold bottom crust up over edge of lattice and crimp. Brush lattice (but not edge) with milk and sprinkle with sugar.

Bake pie on hot baking sheet 20 minutes.

Reduce oven temperature to 375°F and bake until crust is golden and filling is bubbling, 50 to 60 minutes more. Cool pie to warm or room temperature, about 1 1/2 hours.

Cooks' notes: •If you can't get *piloncillo*, substitute 1 cup packed dark brown sugar and 2 tablespoons unsulfured molasses (not blackstrap). Syrup will take longer to reduce.

•To achieve an ideal balance of sweet and tart apples, we suggest 2 Golden Delicious or Gala, 2 Granny Smith or Winesap, and 2 McIntosh or Northern Spy (you'll need about 6 apples total).

•Pie is best the day it is baked but can be made 1 day ahead and kept, loosely covered with foil (once cool), at room temperature.

## 7. French Apple Turnovers (*Chaussons Aux Pommes*)



Makes 8 servings

All-butter puff pastry is available at some specialty foods stores.

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### Ingredients

#### Filling:

- 3/4 pound Granny Smith apples
- 3/4 pound Golden Delicious apples
- 1/4 cup water
- 3 tablespoons sugar
- 3/4 teaspoon fresh lemon juice

#### For pastry:

- 1 14- to 16-ounce package all-butter frozen puff pastry (1 or 2 sheets, depending on brand), thawed
  - 1 egg, beaten to blend (for glaze)
  - Superfine sugar (optional)
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## Preparation

### For filling:

Peel, core, and cut apples into 1-inch pieces (about 4 cups). Place apples in medium saucepan; add 1/4 cup water, 3 tablespoons sugar, and lemon juice. Bring to boil, stirring occasionally until sugar dissolves. Cover; reduce heat to medium-low and simmer until apples are very tender, stirring frequently, about 12 minutes. Remove from heat. Gently mash apples with fork or potato masher until mixture is very soft but still chunky. Cool completely. *DO AHEAD: Filling can be made 2 days ahead.* Cover and refrigerate. Position 1 rack in top third and 1 rack in bottom third of oven and preheat to 400°F. Line 2 baking sheets with parchment paper.

### For pastry:

If using 14-ounce package (1 sheet), roll out pastry on lightly floured surface to 15-inch square. If using 16-ounce package (2 sheets), stack sheets together and roll out on lightly floured surface to 15-inch square. Cut pastry into nine 5-inch squares. Place 1 generous tablespoon filling in center of each of 8 squares (reserve remaining square for another use). Lightly brush edges of 1 pastry with beaten egg. Fold half of pastry square over filling, forming triangle. Press and pinch pastry edges with fingertips to seal tightly. Lightly brush pastry with beaten egg. Sprinkle lightly with superfine sugar, if desired. Repeat with remaining squares. Using thin, sharp knife, make 3 small slits on top of each triangle to allow steam to escape. Place triangles on prepared baking sheets. Refrigerate until firm, about 15 minutes.

Bake turnovers until beginning to color, about 15 minutes. Reverse baking sheets from top to bottom. Reduce oven temperature to 350°F; continue baking until turnovers are firm and golden, 10 to 15 minutes longer. Cool at least 15 minutes before serving. Serve warm or at room temperature.

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## 8. Fried Apple Pies



Makes 12 individual pies

**Total time:** 3 hr (includes making pastry)

These handheld, crescent-shaped, fruit-filled pastries, long popular in the mountain South, are found at church picnics, crossroads country stores... [more ›](#)

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### Ingredients

#### For pastry

- 2 1/2 cups all-purpose flour
- 3 tablespoons cold unsalted butter, cut into 1/2-inch cubes
- 3 tablespoons cold vegetable shortening (preferably trans-fat-free), cut into 1/2-inch pieces
- 1 teaspoon baking powder
- 3/4 teaspoon salt
- 1 large egg, lightly beaten
- 4 to 5 tablespoons ice water

**For filling**

- 4 1/2 ounces unsulfured dried apples (2 cups)
- 2 cups unfiltered apple cider
- 1 1/2 cups water
- 2 1/2 tablespoons packed light brown sugar
- 1 teaspoon grated lemon zest
- 1/4 teaspoon cinnamon

**For frying and serving**

- About 2 quarts vegetable oil
- Confectioners sugar for dusting
- Equipment: a deep-fat thermometer

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**Preparation****Make pastry:**

Blend together flour, butter, shortening, baking powder, and salt in a bowl with your fingertips or a pastry blender (or pulse in a food processor) until mixture just resembles coarse meal. Whisk egg with 1/4 cup ice water, then drizzle evenly over flour mixture and gently stir with a fork until incorporated.

Squeeze a small handful: If it doesn't hold together, add more ice water, 1/2 tablespoon at a time, stirring (or pulsing) until incorporated. Gather dough and knead just until smooth, 3 or 4 times, on a lightly floured surface (do not overwork, or pastry will be tough). Form dough into 2 (5-inch) disks and chill, wrapped in plastic wrap, until firm, at least 1 hour.

**Make filling:**

Briskly simmer all filling ingredients and a pinch of salt in a heavy medium saucepan, uncovered, stirring occasionally and mashing apples with a potato masher as they soften, until a thick purée forms, about 20 minutes. Cool completely.

**Make pies:**

Divide 1 disk of dough into 6 equal pieces. Roll out 1 piece on a lightly floured surface with a lightly floured rolling pin into a 6-inch round, then put 2 heaping tablespoons of filling in center. Lightly moisten edge with water and fold dough over to form a half-circle, pressing out air around filling, then pressing edge to seal. Transfer to a large sheet of parchment paper and press floured tines of a fork around edge. Make more pies with remaining dough and filling (you may have some filling left over).

**Fry pies:**

Set a cooling rack on a large baking sheet or tray. Heat 2 inches of oil in a 4- to 5-quart heavy pot (preferably cast-iron) over medium heat until it registers 360 to 370°F on thermometer. Fry pies, 3 or 4 at a time, turning occasionally, until deep golden-brown, 7 to 8 minutes per batch. Transfer to rack to drain. Return oil to 360 to 370°F between batches.

## 9. Beet Apple Soup



Makes 8 servings

Trim the tops and tails of the beets to 1 inch.

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### Ingredients

- 6 beets, trimmed and scrubbed
- 8 cups vegetable or chicken broth
- 2 cups apple juice
- 3 tablespoons unsalted butter
- 3 Granny Smith apples, peeled, cored, and sliced
- 3 tablespoons fresh lemon juice, or to taste (from 1 large lemon)
- Salt and freshly ground black pepper, to taste
- Crème fraîche, for garnish, optional

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### Preparation

1. Place the beets in a large, heavy pot and cover with the broth and juice. Bring to a boil, reduce the heat, and simmer, partially covered, until tender, about 45 minutes. Transfer the

beets to a bowl with a slotted spoon. When cool enough to handle, slip off the skins and cut the beets into pieces.

2. Strain broth through a fine sieve lined with two paper towels and return it to the pot.

3. Melt the butter in a large skillet over medium- low heat. Add the apples and sauté until just caramelized, about 10 to 15 minutes.

4. Purée the cooked beets and sautéed apples together in batches in a food processor, adding some broth through the feed tube. Return the purée to the pot and combine with the broth. Stir in the lemon juice, salt, and pepper. Pass the soup through a strainer, if desired.

5. Serve the soup hot or cold, dolloped with crème fraîche if desired.

## 10. Butternut Squash & Apple Soup with Melted Blue Cheese

Makes 10 (first-course) servings

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### Ingredients

- 6 pounds butternut squash, split lengthwise and seeded
- 1 cup (2 sticks) unsalted butter
- 1 medium onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 celery rib, finely chopped
- 4 tablespoons kosher salt
- 1 teaspoon freshly ground black pepper
- 3 apples (Braeburn, Fuji, or Gala), peeled, cored, and sliced thinly
- 3 cups apple cider
- 1 gallon vegetable stock
- 1/2 pound blue cheese
- 1/2 cup heavy cream
- 2 tablespoons green (hulled) pumpkin seeds

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### Preparation

Preheat oven to 350°F.

Place squash cut side down on rimmed one-inch-deep sheet pan. Add 2 cups water and roast until squash is very tender, about 45 minutes. Remove from oven, drain off any remaining water, and let cool.

Meanwhile, in heavy, 12-quart pot over moderate heat, melt butter. Add onions, garlic, celery, 3 tablespoons salt, and 1 teaspoon pepper and sauté until onions are soft, about 10 minutes. Add apples and sauté until tender, about 3 to 4 minutes. Add apple cider and bring to boil. Reduce heat and simmer uncovered until liquid is reduced by half.

When squash is cool enough to handle, scoop out flesh and add to soup. Add stock and remaining tablespoon salt, raise heat to high, and bring to boil. Reduce heat and simmer uncovered until all vegetables are tender, about 25 minutes.

In double boiler over medium heat, heat cheese and heavy cream, stirring occasionally, until melted, about 10 minutes. Keep warm. In dry, heavy, 9- to 10-inch cast iron skillet over moderate heat, toast pumpkin seeds, stirring constantly, until puffed and golden, 4 to 5

minutes. Transfer to bowl. Working in batches, purée soup in blender until very smooth, then return to pot. Set over moderate heat and return to simmer.

To serve, ladle hot soup into bowls, drizzle with blue cheese mixture, and sprinkle with toasted pumpkin seeds. Serve immediately.

## 11. Baked Chicken and Bacon-Wrapped Lady Apples



Makes 4 to 6 servings

**Total time:** 45 min

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### Ingredients

- 8 thin slices bacon (from a 1/2-lb package)
- 12 lady apples (about 1 to 2 inches in diameter)
- 6 chicken thighs (2lb; with skin and bones)
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 cup unfiltered apple cider
- 1/2 cup cider vinegar
- 2 sprigs fresh marjoram plus 2 teaspoons chopped fresh marjoram, or to taste
- 1 tablespoon cold unsalted butter

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### Preparation

Put oven rack in middle position and preheat oven to 400°F.

Cook bacon in a 12-inch heavy skillet over moderate heat, turning over once, until edges are lightly browned but bacon is still flexible (it will continue to cook in oven), 6 to 8 minutes total. Transfer to paper towels to drain, reserving fat in skillet.

While bacon cooks, core apples, if desired, from bottom, with pointed end of a vegetable peeler or a paring knife, leaving stems intact. Wrap a slice of bacon around each of 8 apples, securing ends of bacon by piercing with stem or using half a wooden pick.

Brush a 3-quart (13- by 9-inch) shallow baking dish with some bacon fat, then add apples to dish and bake, uncovered, 10 minutes.

Meanwhile, pat chicken dry and sprinkle with salt and pepper. Heat bacon fat in skillet over moderately high heat until hot but not smoking, then cook chicken, turning over once, until browned, about 8 minutes total. Transfer chicken with tongs to baking dish, rearranging some of apples so that chicken fits in bottom of dish, and bake, uncovered, 5 minutes.

While chicken bakes, pour off fat from skillet and add cider, vinegar, and marjoram sprigs to skillet. Boil, stirring and scraping up brown bits, until reduced by half (about 3/4 cup), about 5 minutes. Pour sauce through a fine-mesh sieve into a measuring cup, pressing on and then discarding solids. Add butter and chopped marjoram to sauce, stirring until butter is melted. Pour sauce over chicken and apples and continue to bake, uncovered, until chicken is cooked through and apples are tender, about 20 minutes more.

## 12. Apple Phyllo Strudel



Makes 12 servings

Editor's note: The recipe below is excerpted from Cal-a-Vie Living: Gourmet Spa Cuisine and is part of a healthy and delicious spa menu developed...

### Ingredients

- 6 green apples, peeled, cored, and sliced (about 2 pounds apples)
- 1/2 cup dried cranberries or dried cherries (about 2 1/2 ounces)
- 1/2 cup packed brown sugar
- 1 teaspoon cinnamon
- 6 (12x16-inch) sheets phyllo dough
- butter-flavored nonstick cooking spray, or a mixture of 1 teaspoon melted butter and 1 teaspoon almond oil
- 1/2 cup amaretti crumbs or graham cracker crumbs
- 12 ounces nonfat vanilla yogurt or frozen vanilla yogurt
- 12 mint sprigs
- 36 raspberries
- cinnamon cream

## Preparation

1. Preheat the oven to 350 degrees. Combine the apples, dried cranberries, brown sugar and cinnamon in a saucepan and cook for about 10 minutes or until tender. Let stand for 10 minutes to cool.
2. Layer 2 sheets of the phyllo on a work surface and spray with nonstick cooking spray; sprinkle with cookie crumbs. Repeat the layers 2 times with the remaining sheets. Spread the apple mixture over the phyllo. Roll the phyllo from the 12-inch side to enclose the filling.
3. Place the roll on a baking sheet sprayed with nonstick cooking spray. Bake for 25 minutes. Cool for 10 minutes before slicing to serve. Arrange on serving plates.
4. Serve with vanilla yogurt or frozen vanilla yogurt and top with the mint and raspberries. You may also serve with cinnamon cream.

**Chef's notes:** • You could use Amaretti or graham crackers, the cookie crumbs add flavor and also keep pockets of air between the layers of phyllo dough, keeping it light and crispy.  
•For a pretty presentation, cut the strudel on a bias, drizzle the plates with some Cinnamon Cream.

### 13. Apple and Celery Salad with Peanuts



Serves 8 adults plus 10 children as part of a buffet

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#### Ingredients

- 2 tablespoons fresh lemon juice
- 1/2 teaspoon Dijon mustard
- 1/4 cup olive oil
- 3 crisp red apples such as Fuji or Rome, cut into 1/4-inch-thick julienne
- 2 tart green apples such as Granny Smith, cut into 1/4-inch-thick julienne
- 4 large celery ribs, cut into 1/4-inch-thick julienne
- 1/4 cup chopped fresh parsley
- 1/3 cup dry-roasted peanuts, coarsely chopped

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#### Preparation

Whisk together lemon juice and mustard in a large bowl. Add oil in a stream, whisking until emulsified. Add apples, celery, and parsley, tossing to coat. Just before serving, sprinkle with peanuts.

Cooks' note: • Salad may be made 3 hours ahead and chilled, covered.