



## **Delicious Danish Apple "Æbleskiver" Popovers+Apple Butter + Sparkling Fireside Apple Punch**

By Erin Fletter

**Prep Time 25 / Cook Time 25 / Serves 4 - 6**

### **Shopping List**

☐ FRESH

☐ 1 1/2 lb apples

☐ 1 carrot

☐ DAIRY AND EGGS

☐ 1 egg \*\*(see allergy subs below)\*\*

☐ 1 C buttermilk OR 1 C milk or dairy-free/nut-free milk + 1 squeeze lemon or 1 tsp vinegar \*\*(see allergy subs below)\*\*

☐ 1/4 C butter or oil \*\*, for greasing pan

☐ PANTRY

☐ 1/4 tsp ground cinnamon

☐ 1/4 tsp ground cardamom

☐ 3/4 tsp salt

☐ 3 T brown sugar

☐ 1 C all-purpose flour \*\*(see allergy subs below)\*\*

☐ 1 tsp baking powder

☐ 1/4 tsp baking soda

☐ 5 tsp granulated sugar

☐ 3 C apple juice or cider

- ☐ 1 C ginger ale (I like Zevia brand)
- ☐ HAVE ON HAND
- ☐ water, if necessary to smooth apple butter
- ☐ 1/2 C ice

## Fun-Da-Mentals Kitchen Skills

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

**chop:** to cut something into small, rough pieces using a blade.

**fold:** to gently and slowly mix a light ingredient into a heavier ingredient so as not to lose air and to keep the mixture tender, such as incorporating whipped egg whites into a cake batter or folding blueberries into pancake batter; folding is a gentler action than mixing or whisking.

**grate:** to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

**purée:** to blend, grind, or mash food until it is thick, smooth, and closer to a liquid.

**sauté:** to cook or brown food in a pan containing a small quantity of butter, oil, or other fat.

**whip:** to beat food with a whisk or mixer to incorporate air and produce volume.

## Equipment

- ☐ Oven
- ☐ Skillet
- ☐ Muffin pan
- ☐ Mixing bowls
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Grater
- ☐ Measuring spoons
- ☐ Dry measuring cup
- ☐ Wooden spoon
- ☐ Whisk
- ☐ Liquid measuring cup

☐ Blender (or pitcher + immersion blender)

☐ Pitcher

## Ingredients

### Delicious Danish Apple "Æbleskiver" Popovers + Rich Apple Butter

☐ 1 1/2 lb apples

☐ 1 carrot

☐ 2 pinches ground cinnamon

☐ 2 pinches ground cardamom

☐ 1 pinch salt

☐ 3 T brown sugar

☐ 1 C all-purpose flour **\*\***(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)**\*\***

☐ 1 tsp baking powder

☐ 1/4 tsp baking soda

☐ 1/2 tsp salt

☐ 5 tsp granulated sugar

☐ 1 egg **\*\***(for EGG ALLERGY sub 1 T ground flaxseeds + 3 T warm water, stirred)**\*\***

☐ 1 C buttermilk OR 1 C milk or dairy-free/nut-free milk + 1 squeeze lemon or 1 tsp vinegar

☐ 1/4 C butter or vegetable oil **\*\***, for greasing pan

☐ water, if necessary to smooth apple butter

### Sparkling Fireside Apple Punch

☐ 3 C apple juice or cider

☐ 1 pinch ground cinnamon

☐ 1 C ginger ale (I like Zevia brand)

☐ 1/2 C ice

## Food Allergen Substitutions

### Delicious Danish Apple "Æbleskiver" Popovers + Rich Apple Butter

**Gluten/Wheat:** Substitute gluten-free/nut-free all-purpose flour.

**Egg:** For 1 egg, substitute 1 T of ground flaxseeds + 3 T of warm water. Stir and soak for 5 minutes or until fully absorbed and thickened.

**Dairy:** For 1 C of buttermilk, substitute dairy-free/nut-free milk + 1 squeeze of lemon or 1 tsp of vinegar. Use vegetable oil instead of butter to grease pan.

**Soy:** Substitute canola oil or other nut-free high-smoking point oil for vegetable oil.

## Sparkling Fireside Apple Punch

## Instructions

### Delicious Danish Apple "Æbleskiver" Popovers + Rich Apple Butter

#### intro

"Hej" (pronounced like our "Hi") or "Hello" in Danish! "Æbleskiver" is plural and means "apple slices." It is pronounced "ABLE-Skeever." "Æbleskive" is singular ("apple slice").

#### preheat + chop + grate

Preheat the oven to 375 F and grease a muffin pan with butter. Chop **1 1/2 pounds of apples** into tiny pieces and add to a mixing bowl. Grate **1 carrot** and set it aside.

#### sprinkle + measure + sauté

Sprinkle **2 pinches of cinnamon, 2 pinches of cardamom**, \*\*1 pinch of salt\* on top of the chopped apples. Measure and add **3 tablespoons of brown sugar** and stir. Then, sauté them in a skillet over medium heat, stirring occasionally so the apples don't burn, until they are soft and caramelized, about 10 minutes. Divide the apples in half and save half for the apple butter.

#### measure + whisk

In another mixing bowl, measure and whisk together **1 cup flour**, 1 teaspoon baking powder, 1/4 teaspoon baking soda, 1/2 teaspoon salt, **and** 5 teaspoons sugar\*\*.

#### crack + whip + mix

Crack **1 egg** into a separate bowl and whip until the egg is light and fluffy. Add **1 cup of buttermilk** and whip again. Then add the whipped egg and buttermilk to the flour bowl and mix.

#### fold + bake + cool

Fold the **grated carrot** and **1/2 of the sautéed apples** into the æbleskiver batter. Using a tablespoon, drop dollops of batter into your greased muffin pan. Bake for 15 minutes or until cooked through. Remove the pastries from the pan and bake a second batch if you still have batter. Let them cool just slightly before slathering with Rich Apple Butter or any fruit jam!

add + purée

To make the apple butter, add **1/2 of the sautéed apples** to a blender (or pitcher for use with an immersion blender). Blend until smooth and velvety, adding a touch of water if needed. Serve with the Æbleskiver and refrigerate any leftovers.

## Sparkling Fireside Apple Punch

measure + add + mix + pour

Measure **3 cups of apple juice or cider** and add it to a pitcher. Add **1 pinch of cinnamon**. Mix, then top with **1 cup ginger ale** and **1/2 cup ice**. Stir, pour into cups, and enjoy!

## Featured Ingredient: Apples!

Hi! I'm Apple!

"I'm delighted to be part of your recipe! Not only does "an apple a day keep the doctor away," but I'm also versatile and delicious in both sweet and savory dishes, like pies, cakes, breads, salads, and casseroles, and added to vegetables and roasted meats. Not to brag, but I have a fabulous, round(ish) figure and come in several colors and varieties of sweet and tart flavors!"

### History

Here's a story about the Granny Smith apple that is long but cute: In the year 1868, near Sydney, Australia, a grandma named Marie Smith had been testing different types of French crabapples for cooking, and she ended up throwing the used apple cores out her window as she worked. Granny Smith saw that a new apple tree (or cultivar) had sprung up below her kitchen windowsill. She cultivated the tree and found that the apples it produced were good for cooking and eating. They were tart, sweet, and crisp. Grandma Marie Smith took a stall at a farmer's market in Sydney, where her apples stored exceptionally well and became very popular. She sold her apples once a week and called them Granny Smith's Apples. Smart (and enterprising) fruit merchants in the 1890s and 1900s experimented with methods to transport the Granny Smith apples overseas in cold storage. Because of its excellent shelf life, they could export the Granny Smith apple long distances and most times of the year. Since growing fruit from the seeds of the Granny Smith apple produces trees with fruit that isn't as good as the original, grafting or cuttings are required instead. All Granny Smith apples grown today are from grafts of Grandma Marie Smith's original tree in Sydney.

Apple trees were domesticated thousands of years ago. A wild apple native to the mountains of southern Kazakhstan in Central Asia is considered the ancestor of most domestic apple varieties.

Worldwide, 7,500 varieties of apples are grown! If just 12 kids were growing that many, each of them would end up with 625 different kinds!

Apples are victims of (or blessed by, depending on how you look at it) their own genetic creativity. An apple from a tree grown from a seed will be nothing like its parents. And because of this, historically, thousands upon thousands of varieties of apples have come into existence. Apples have evolved to adapt to all

environments. They can be grown all over the world. Now, the number of apple varieties is much more narrow due to farming practices and consumers' desire for the "perfect red apple." The only way to ensure genetic repeats of apples is to "graft" the trees.

Grafting apple trees involves combining a bottom rootstock of one tree to the scion, or budding branch, of another tree to grow a new successful apple tree.

## Anatomy & Etymology

Apples come in all shades of reds, greens, and yellows. They are members of the Rose family. Other members include strawberries, pears, plums, peaches, and raspberries.

Every spring, apple trees bloom or flower. At the bottom and inside each blossom is an ovule. Inside the ovule are the seeds that will eventually turn into an apple! It takes about 4 to 5 months from the time the blossoms are pollinated for the apples to be ready to pick.

New apple trees take four to five years to produce their first fruit!

A raw apple can contain 86 percent water!

If you put an apple in water, do you think it will sink or float? It will float! That's because about 25 percent of an apple's volume is air. And that's why you can play a game of "bobbing for apples" at Halloween parties!

An apple tree can grow to more than forty feet and live over a hundred years!

A Japanese farmer picked the heaviest apple on record in 2005. It weighed 4.1 pounds!

The word "apple" came from the Old English "æppel," which is Germanic in origin. Until the 17th century, "apple" could refer generically to any nut or fruit other than berries.

## How to Pick, Buy, & Eat

August marks the beginning of apple season. Apple season peaks in September—some of the most delicious apple varieties are available then: the Honeycrisp (our fave!), Cortland, Macintosh, and Gala.

October apples are perfect for baking.

Apples are picked by hand when it's time to harvest them. Choose apples that have smooth skin and are free from blemishes. They should feel heavy for their size and feel firm. Then, give it a sniff—fresh apples smell almost floral-like and super pleasant.

It is so fun to go to an orchard in the fall and pick apples for yourself. Of course, apples are available year-round in most grocery stores and are most affordable during the months when they're in season (August through October).

Farmers often use honeybees to pollinate apple trees.

You can eat apples in so many ways. Try dicing half an apple and adding it to a spinach salad with walnuts or pecans, red onion, and goat cheese. Stuff and bake them for a cozy autumn treat. You can juice, blend, or grind apples to make juice, cider, or smoothies. Slice, chop, or mash them and add them to a variety of apple treats: pie, strudel, cake, donuts, tortes, turnovers, dumplings, galettes, fritters, muffins, and crisps

or crumbles. You can thinly slice and dehydrate apples to make chips or cook and mash them to make applesauce, adding a dash of cinnamon for extra flavor. Apple marries beautifully with a ton of different sweet AND savory foods like fennel, cheddar, caramel, cinnamon, butternut squash, rooibos, sauerkraut, and sausage.

## Nutrition

"An Apple a Day Keeps the Doctor Away." This saying originated because people believed fruits were important to a nutritious diet. A 2015 study found that people who ate an apple a day took fewer prescriptions.

Red Delicious and Fuji apples contain the most polyphenols, micronutrients found naturally in plants with antioxidant and anti-inflammatory properties. They can help prevent heart disease, control blood sugar, lower cancer risk, and help your immune system function properly. More polyphenols are found in an apple's peel than its flesh, so be sure to eat the peel, which will also add to your fiber intake!

Isn't it amazing to think that our bodies are hard at work keeping us strong and healthy while we go about our daily activities? Think of it: just now, your body is pumping blood through your veins and arteries, delivering nutrients to your cells to create energy, building proteins to protect you from getting sick, and so much more. That's why it's so important to eat nutritious foods, like apples!