



# MARY'S MEMO

*Recipes • Shopping • Cooking • Health Tips*

Memo No. 2289 October 29, 2012

Chief and Rays Supermarkets

## FROM THE COOKBOOK SHELF

There's a lot to know about apples and I can't tell you how many times customers ask me what apple is best for what purpose, especially in the fall when freshly harvested ones are available. For them and you, I recommend *The Apple Lover's Cookbook* by Amy Traverso (W.W. Norton & Company, 2011, \$29.95/hardback). Open the book and there's a guide to 59 popular varieties of apples, each with entries for origin, best use, availability, season, appearance, taste and texture accompanied by a colored picture. One hundred easy-to-make recipes follow, offering a full range of appetizers, salads, soups, entrees and desserts. On the savory side, and just in time for Thanksgiving, there's an apple cider brined turkey. Salads that caught my eye include Chicken Waldorf made with a rotisserie chicken and autumn coleslaw with dates, toasted pecans and salad-friendly apples. On the sweet side there are crisps, cobblers, cakes and six apple pie recipes. As a bonus, *The Apple Lover's Cookbook* contains step-by-step color photographs that enhance the book's overall appearance.

Amy Traverso is the senior food editor and home editor of *Yankee Magazine*. She was previously the food editor of *Sunset* and *Boston* magazines. Her writing has appeared in the *Boston Globe*, *Salon*, *Travel + Leisure* and *Conde Nast Traveler*.

What I like best about Apple Tea Cake with Lemon Glaze is the layers of apples inside.

### APPLE TEA CAKE WITH LEMON GLAZE

- 1/2 cup (1 stick) unsalted butter, at room temperature, plus more for greasing the pan
- 1 cup granulated sugar
- 1-1/2 cups all-purpose flour, plus more for dusting pan
- 1 teaspoon table salt
- 1/2 teaspoon baking powder
- 1/4 teaspoon baking soda
- 2 large eggs plus 1 egg yolk, at room temperature
- 1/2 cup low-fat buttermilk
- 1 small firm-sweet apple, unpeeled, cored, cut in half lengthwise, and very thinly sliced (Ginger Gold, Pink Lady or Jazz suggested)
- 1/2 teaspoon ground cinnamon

#### GLAZE:

- 2 tablespoons freshly squeezed lemon juice
- 1 cup confectioners' sugar

Preheat the oven to 350°F and set a rack to the middle position. Butter and flour 8-1/2-inch by 4-1/2-inch bread loaf pan. Set aside. Combine the butter and sugar with a hand-

held mixer in a large bowl. Cream on high speed until pale and very fluffy. This will take 6 to 8 minutes. In a medium size bowl, whisk together the flour, baking powder, baking soda and sugar. With mixer on low speed, add a third of the flour mixture until just incorporated. Add half the buttermilk. Repeat with another third of the flour mixture, then the remaining buttermilk, then the last of the flour mixture. Mix just until smooth. Do not over-mix. Pour a third of the batter into prepared bread pan and smooth with offset spatula. Top the batter with half the apples, overlapping the slices. Sprinkle with half the cinnamon. Repeat with an additional third of the batter and the remaining apples and cinnamon. Top with the remaining batter and smooth with a spatula. Bake until the cake is golden brown and cake tester inserted into the center comes out clean, 45 to 55 minutes. Meanwhile, prepare the glaze: In medium bowl, stir the lemon juice and confectioners' sugar until smooth. Remove cake from oven and let set for 5 minutes in the pan. While cake is still warm, poke the top all over with a toothpick inserted all the way. Pour half the glaze on the cake and spread evenly with a spatula. Let set for an additional 10 minutes to soak up the glaze, then remove from pan and cool on wire rack for 30 more minutes. When cake is completely cool, drizzle generously with the remaining glaze, letting it run down the sides. Let the glaze dry for about 30 minutes and serve.

*SOURCE: The Apple Lover's Cookbook* by Amy Traverso (W.W. Norton Company, 2011, \$29.95/hardback).

## WHAT TO DO WITH LEFTOVER TRICK OR TREAT CANDY

You can freeze it for at least one year or bake with it, using chopped up candy bar pieces instead of chocolate chips.

Buy marked down Halloween candy at Chief and Rays and freeze for next year. Trust me, it tastes fine!

Or make **BETTY CROCKER'S CANDY PIZZA** recipe: Mix 1 pouch of peanut butter cookie mix with 1/3 cup vegetable oil and an egg until soft dough forms. Press dough in an ungreased 12-inch pizza pan. Sprinkle with your choice of toppings such as candy corn, candy bar pieces and nuts. Bake 10 minutes in preheated 350°F oven. Sprinkle 1 cup miniature marshmallows on top. Bake for another 10 to 15 minutes or until marshmallows are lightly browned and cookie is set at edge. Cool completely in pan. Drizzle 1/3 cup of melted chocolate chips over top. Recipe serves 20.

If none of these ideas appeal to you, eat the leftovers!