

11 BEST APPLE RECIPES FOR FALL OR WHENEVER

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Apples, what's not great about them? Teachers love them, doctors are afraid of them, and they taste great in both solid and liquid states. There are over 75,000 varieties of apples worldwide, 2,500 of which are grown in the U.S. That means if you had an apple day, it would take you seven years to try each kind!

Apples grow in all 50 states, but commercially there are only around 100 varieties, which is still a massive amount. The top 10 apple varieties sold in the U.S. are Red Delicious, Gala, Fuji, Granny Smith, Golden Delicious, Macintosh, Cripps Pink, Empire, Rome, and Honeycrisp. When cooking with apples, it's often a judgment call depending on the apple's texture and sweetness. Most commonly, Red Delicious, Golden Delicious, Granny Smith, Honeycrisp, and Pink Lady apples are used when baking. Apples are fantastic food ingredients that can be incorporated in more than just pie. Here are dishes that include appetizers, sides, entrées, and desserts, and we even included an apple cocktail or two, where our good friend the apple shines through.

Cinnamon Apple Noodle Kugel (Courtesy of Eatzi's Market)

For those of you familiar with the Jewish casserole with a German-sounding name, Kugel is as much an adventure in texture as it is flavor. Traditionally served as a side dish, this cinnamon apple twist from the metro Dallas favorite market and eatery (Eatzi's Market) could even be served for dessert.

Ingredients (18 Servings)

5 cups Apple Juice
 .5 lbs Raisins, Small
 4 lbs Apples (Granny Smith)
 .5 Cup Lemon Juice
 2 tbsp Oil, Canola
 2 tsp Cinnamon, Ground
 .25 tsp Nutmeg, Ground
 .25 tsp Cloves, Ground
 2 lbs Sugar, Brown Light
 6 lbs Wide Egg Noodles (cooked al dente and rinsed)
 2 Dz Eggs

Method

Peel and core apples. Slice apples thin.
 Soak raisins in apple juice & lemon juice while preparing all other ingredients.
 Spray hotel pan (200 pan) and line with parchment paper.
 Heat oil in a rondo and saute the apples until they start to soften.
 Add the sugar and spices and cook until all the sugar melts.
 Continue to cook until the apples are half translucent.
 Add the apple juice and raisins and bring to a boil.
 Continue cooking until the apples are cooked through. Cool slightly.
 Temper the eggs into the apple juice mixture and very quickly add the noodles and toss.
 Pour noodle mixture into the hotel pan and mash down the noodles to compact them.
 Bake at 300 degrees F for 30-40 minutes, or until no juices rise up when touched.
 Cool, cover, and store in the walk-in.
 Cut pan 6 x 3 for 18 pieces

