

Apples At The Core Of Fall Cooking

Nothing says autumn quite like an apple that is sweet, crisp, tart, and juicy! While apples are commonly eaten out of hand, many varieties are also great for cooking. Their culinary versatility shows in many ways.

When buying apples, choose those without any bruises or soft, mushy spots. They should be firm for their specific variety. Look for fruit with shiny skin; dull skin hints at a lack of crispness and flavor.

Apples quickly lose their crispness at room temperature. To keep apples in the fridge, place them in a perforated plastic bag in the crisper drawer.

The best way to prevent apple browning is to soak the cut fruit in a saltwater solution of one-half teaspoon of kosher salt per cup of water for 10 minutes, then drain and store until ready to use. The mild salt flavor can be rinsed off with tap water before serving.

In my opinion, one of the best eating apples is the Honeycrisp. This apple has exceptionally crisp, juicy, sweet-as-honey flesh with just a hint of tartness. I prefer Granny Smith, Braeburn, Honeycrisp, Gala, and Pink Lady for cooking and baking. When baking with apples, it's essential to consider that texture is crucial. Good baking apples have a balance of sweet-tart flavor and will not fall apart when cooked.

When it comes to cooking, apples are mostly closely associated with desserts like pies and crisps. However, their sweet-tart flavor also lends itself to savory dishes. One traditional pairing is apples with pork. The fruit's sweetness complements the meat's savory flavor.

Add a fall spin to your favorite salads with apples. Crisp apples add both taste and texture to a salad and can also serve a dual purpose in the salad dressing. Apples pair really well with cabbage.

Apples add texture and complexity to sandwiches.

When you put "an apple a day keeps the doctor away" together with "breakfast is the most important meal of the day," you know that having apples for breakfast is a healthy way to start your day. Add apples to your smoothies or shred them into oatmeal, pancakes, and muffin batters.

Busy cooler days call for comforting, one-pot meals. Apples can be paired with pork, vegetables, herbs, apple cider, and cream in a satisfying dish. Try roasting sausages with apples and parsnips for an easy and delicious weeknight recipe cooked on a sheet pan. Stuff apples with savory fillings, such as ground turkey and sage, for a simple, nourishing meal.

A pork and apple dish is the quintessential fall supper. The smell of roasted meat, sweet apples, and spices will make tummies rumble.

For an autumn spin on chicken, pair it with hearty barley, diced dried fruit, and the warm flavors of cinnamon and allspice. For a fancy fall meal, consider a roasted poultry, potatoes, and apple dish.

Need a side dish for roast chicken or turkey? Apples add a sweet crunch to stuffing for a delicious accompaniment. Roasted Brussels sprouts, crispy bacon, and apples come together to create a simple, satisfying side dish. Apple brown sugar baked beans will have everyone asking for seconds.

Apple and cheddar join forces in a quick but delicious cheesy apple bread. It's a perfect accompaniment to an autumn meal.

All apples are not created equal – at least when it comes to cooking versus eating them fresh. However, regardless of variety, they are all excellent for you. Apples are a good source of soluble fiber, potassium, and folic acid.

Try some delicious apple dishes for breakfast, lunch, or dinner and savor the flavors! Be sure to choose the right type of apple for your specific dish.