

Recipes



A World Cuisine Passport
Featuring

Ontario Apples



Welcome Foodies!

**A trip around the
world with Ontario
apples.**

Apples have existed as a wild fruit since prehistoric times and have been cultivated for more than 3,000 years.

The apple tree now grows in thousands of varieties in almost every corner of the globe — from Japan to Madagascar to South Africa, New Zealand, Russia, China, England, France and across much of North America.

We hope you enjoy this culinary adventure!

Ontario Apples: Best Uses

Variety	Taste Profile	Fresh	Salads	Pies	Sauce	Baking
Ambrosia	Sweet, low acid, crisp	●	●	●		●
Cortland	Mild, sweet, crisp		●	●		●
Crispin	Sweet & Firm	●	●	●	●	●
Empire	Slightly tart, juicy & crisp	●	●		●	
Fuji	Super-sweet & crisp	●	●			
Gala	Sweet, fragrant & crisp	●	●	●		●
Golden Delicious	Sweet mellow & crisp	●		●	●	●
Honeycrisp	Sweet juicy and crisp	●	●	●		●
Idared	Tart & keeps flavour when baked	●		●	●	●
Jonagold	Tangy-sweet crisp	●		●	●	●
McIntosh	Mildly tart, juicy but sweetens as it ripens	●	●	●	●	●
Northern Spy	Sweet and crisp			●	●	●
Red Delicious	Sweet and crisp	●				
Red Prince	Crisp, sweet & tangy	●	●	●		●
Spartan	Slightly tart and crisp	●		●	●	

Care & Handling

Apples should be handled with the same care as you would eggs as they can bruise very easily.

Look for firm apples that are well shaped and have smooth skin that is free of wrinkles and bruises.

Brownish freckled areas do not affect flavour.

To keep the crunch in Ontario apples, store them in perforated plastic bags in your refrigerator crisper. Cold, humid storage ensures that apples maintain their crispness, juicy texture and full flavour.

Store apples separately from other fruits and vegetables as they naturally emit ethylene gas which will cause nearby produce to ripen too quickly and spoil. Remove any fruit that are overripe or have soft spots. Trim and use these apples for pies or applesauce.

To prevent browning when preparing apples, sprinkle cut surfaces with lemon juice.

Health Benefits of Apples

As one of the most purchased items in the produce department, there are a multitude of reasons why apples are a healthy eating choice.

Apples are extremely high in pectin – a soluble fibre – and are packed with flavonoids such as quercetin. Flavonoids are compounds that help give the colourful pigment to fruits and vegetables and research suggests that they may assist with reducing the risk of heart disease, cancer, stroke, asthma, and Type-2 diabetes.

Canada's Food Guide to Healthy Eating and Physical Activity recommends that you fill half your plate with fruits and veggies at every meal.

Eat an apple 15 minutes before your biggest meal. The apple is filled with fibre and water, which will make you feel satiated sooner. As a result you will end up consuming fewer calories, which can aid in weight loss. One medium sized apple (140 g) is 70 calories, 0 g of fat, 3 g of fibre.

When making baked goods which call for the use of oil, substitute half the oil with applesauce. There will be fewer calories and no difference in taste.

It is very easy to maintain a healthy lifestyle when you include an apple (or more!) a day.



Cooking time: 6

Prep time: 20

Serves 4

Warm Apple, Bacon & Brussels Sprout Salad

Ingredients

Salad:

- 6 slices of pancetta
- 2 cups (500 mL) shredded Brussels sprouts
- 1 cup (250 mL) Ontario Apple* Matchsticks
- 1/2 cup (125 mL) sliced shallots

Dressing:

- 1 tbsp (15 mL) oil
- 2 tbsp (30 mL) lemon juice
- 1 1/2 tsp (7 mL) honey
- 1/4 tsp (1 mL) salt

Garnish:

- 1/4 cup (60 mL) walnut pieces
- 1/4 cup (60 mL) shredded baby Parmesan

Instructions

Salad: In a large skillet, cook pancetta for 5 minutes over medium heat or until crisp. Remove pancetta from skillet and set aside.

Return the skillet to the stovetop with 1 tsp (5 mL) of the pancetta fat. Stir in Brussels sprouts, apples and shallots. Cook for one minute.

Dressing: In a small bowl, whisk together oil, lemon juice, honey and salt.

In a large bowl toss together Brussels sprout/apple mixture with the dressing. Top with walnuts, Parmesan and crumbled, cooked pancetta.

*This recipe is best prepared using 1-2 McIntosh, Gala, Honeycrisp or Ambrosia apples



Cooking time: 30
Prep time: 20
Serves 8

Apple Borscht

Ingredients

- 1 tbsp (15 mL) butter
- 2 cups (500 mL) peeled and shredded beets
- 1 1/2 tsp (7 mL) each salt and pepper
- 1 cup (250 mL) peeled and diced Ontario apples*
- 1 cup (250 mL) peeled and diced Yukon gold potatoes
- 1 carrot, peeled and diced
- 1 medium onion, diced
- 1 celery stalk, diced
- 2 garlic cloves, chopped
- 2 tbsp (30 mL) white vinegar
- 2 tbsp (30 mL) tomato paste
- 1 540 mL can white cannellini beans with juice
- 5 cups (1.25 L) chicken or vegetable broth
- 2 dried bay leaves
- 1/4 cup (60 mL) sour cream
- 2 tbsp (30 mL) chopped fresh dill

Instructions

Melt butter in a large soup pot over medium-high heat. Stir in grated beets, salt and pepper. Cook for 5 minutes, stirring occasionally until beets are softened.

Stir in apples, potatoes, carrots, onion, celery, garlic, vinegar and tomato paste. Cook for 5 minutes. Stir in beans, broth and bay leaves and cook stirring occasionally for 20 minutes. Remove bay leaves before serving.

In a small bowl whisk together sour cream and fresh dill. Serve on top of each bowl of Borscht with additional fresh dill for garnish.

*This recipe is best prepared using 1-2 Gala, Ambrosia or Cortland apples



Cooking time: 30

Prep time: 20

Serves 8

Apple, Turkey & Rice Biryani

Ingredients

Biryani:

- 1 tsp (5 mL) oil
- 1 medium onion, diced
- 2 cups (500 mL) diced Ontario apples*, divided
- 1 tbsp (15 mL) turmeric
- 1 tbsp (15 mL) cumin
- 1 tsp (5 mL) garlic powder
- 1/2 tsp (2 mL) salt
- 1 1/2 cups (375 mL) dry basmati rice
- 3 cups (750 mL) chicken broth
- 6 cardamom pods
- 2 dried bay leaves
- 1 lemon, sliced
- 2 cups (500 mL) shredded turkey
- 1 cup (250 mL) lima beans
- 1/4 cup (60 mL) chopped fresh parsley

Raita:

- 1/4 cup (60 mL) plain yogurt
- 2 tbsp (30 mL) chopped fresh cilantro
- 1/4 tsp (1 mL) salt

Instructions

Biryani: Heat oil in a large skillet over medium-high heat. Stir in onions, 1 cup (250 mL) apples, turmeric, cumin, garlic powder and salt. Cook for 3 minutes. Stir in basmati rice and cook for another minute.

Stir in the chicken broth, cardamom and bay leaves. Bring to a simmer. Place lemon slices on top, turn heat to low, cover with a tight fitting lid and cook covered for 15 minutes. Take off the heat and quickly stir in shredded turkey, lima beans, remaining apples and parsley; cover again with lid and let sit for 10 minutes. Remove cardamom pods and dried bay leaves. Broil the entire dish for 3 minutes, with no lid.

Raita: In a small bowl whisk together yogurt, cilantro and salt. Serve yogurt sauce drizzled over the turkey and rice dish.

*This recipe is best prepared using 2-4 Ambrosia, Red Prince or Crispin apples



Cooking time: 40
Prep time: 20
Serves 6

Apple Jamaican Patties

Ingredients

Dough:

- 2 cups (500 mL) all-purpose flour
- 1/4 tsp (1 mL) salt
- 1 tbsp (15 mL) yellow curry powder
- 1 tsp (5 mL) turmeric
- 1/2 cup (125 mL) cold salted butter, cubed
- 6 tbsp (90 mL) ice cold water
- 2 tsp (10 mL) distilled white vinegar
- 1 large egg, lightly whisked
- 2 tsp (10 mL) oil

Filling:

- 1/2 lb (250 g) lean ground beef
- 1 cup (250 mL) diced Ontario apples*
- 1 small onion, finely chopped
- 2 tbsp (30 mL) jerk seasoning
- 1 tsp (5 mL) each curry powder, cumin, garlic powder
- 1/4 (1 mL) cayenne pepper
- 1/2 tsp (2 mL) each salt and pepper
- 1 large egg
- 1/4 cup (60 mL) water

Instructions

Dough: In the bowl of a food processor add flour, salt, curry powder, turmeric and butter. Pulse until mixture resembles a coarse crumble. In a small bowl whisk together water, vinegar, and egg. Add wet ingredients to flour mixture and pulse until a ball of dough forms. Wrap dough in plastic wrap and refrigerate for 1 hour.

Filling: Brown the ground beef in a large skillet over medium-high heat, breaking meat up as you cook it for 8 minutes. Stir in apples, onions, jerk seasoning, curry powder, garlic, cumin, cayenne pepper, salt and pepper. Cook for another 5 minutes.

On a lightly floured working surface roll out dough to 1/8 inch thickness. Use cookie cutter to cut out 12 4-inch x 2.5-inch rectangles. Rework the dough as needed. In a small bowl whisk together egg and water. Lay out six of the rectangles on a parchment lined baking sheet. Place 1/4 cup of the filling in the centre of each rectangle. Brush edges with egg wash. Place a second rectangle on top of each patty to enclose the filling. Press edge with a fork to seal. Brush the outsides with egg wash and cut small steam holes. Bake at 375°F (190°C) for 30 minutes or until dough is golden brown.

*This recipe is best prepared using 1-2 McIntosh, Fuji, Ambrosia or Gala apples

Around



Pickled Apples with Veal Schnitzel
(Germany)

Apple Clafoutis
(France)

Warm Apple Bacon & Brussels Sprout Salad
(Italy)

Apple Jamaican Patties
(Jamaica)

Apple Churros
(South America)

Peanut Apple Soup
(West Africa/Nigeria)

ipes From

the World





Cooking time: 4
Prep time: 20
Serves 4



Pickled Apples with Veal Schnitzel

Ingredients

- 1 lb (500 g) veal cutlets, approximately 2
- 1/2 tsp (2 mL) each salt, pepper and garlic powder
- 1/2 cup (125 mL) all-purpose flour
- 1 egg, beaten
- 1/4 cup (60 mL) milk
- 1 cup (250 mL) fine breadcrumbs
- 1 cup (250 mL) Ontario apple* matchsticks
- 1/2 cup (125 mL) sliced red onion
- 1 cup (250 mL) apple vinegar
- 1/2 cup (125 mL) hot water
- 1/4 tsp (1 mL) each salt and pepper
- 2 tbsp (30 mL) salted butter
- 2 tbsp (30 mL) oil

Instructions

Place veal cutlets between 2 sheets of plastic wrap and gently pound them with the flat side of a meat tenderizer until they are 1/4-inch thick. In a small bowl mix together salt, pepper and garlic powder. Sprinkle both sides of each cutlet with the mixture.

Place flour in a shallow dish. Whisk the eggs and milk together in another shallow dish. Sprinkle breadcrumbs in a third dish. Lightly dredge each piece of veal in flour, then in the egg and finally into the breadcrumbs.

Set aside until ready to pan fry. In a small bowl mix together apples, red onion, apple vinegar, hot water, salt and pepper. Let sit for 20 minutes to pickle the apples.

Heat oil and butter in large non-stick skillet over medium-high heat. Gently lay the cutlets into the pan and cook until golden brown and crispy, about 2 minutes per side. Remove to paper towels to drain. Serve schnitzel with pickled apples and buttery rice or spaetzle.

*This recipe is best prepared using 1-2 Gala, Cortland or Honeycrisp apples



Cooking time: 15

Prep time: 20

Serves 4

Apple Churros

Ingredients

Churros:

- 1 cup (250 mL) flour
- 1 tsp (5 mL) baking powder
- 1/4 tsp (1 mL) salt
- 1 tbsp (15 mL) oil
- 1 cup (250 mL) boiled water
- 1 cup (250 mL) Ontario apples*, peeled and diced small
- 2 cups (500 mL) oil (for frying)
- 1/4 cup (60 mL) sugar

- 2 tsp (10 mL) ground cinnamon

Dip:

- 1 cup (250 mL) Ontario apples*, peeled and diced small
- 1 tbsp (15 mL) butter
- 1/4 cup (60 mL) brown sugar, packed
- 2 tbsp (30 mL) heavy cream
- 1 tsp (5 mL) cornstarch

Instructions

Churros: In a large bowl mix together flour, baking powder, salt, oil, water and apples until just combined and a thick batter is formed. Transfer dough into a piping bag with 1/3 inch star tip nozzle.

In a medium sized deep skillet heat oil over medium heat or 350°F (180°C). Pipe dough around 3 inches in length into hot oil about and snip with scissors. Do 3 to 4 per batch. Cook for 2 minutes rolling occasionally until golden. Remove onto paper towel lined plate to drain. On a separate plate mix together sugar and cinnamon. Roll churros in the sugar mixture.

Dip: In a medium saucepan heat butter over medium heat. Stir in sugar and apples. Cook and stir for 5 minutes, until bubbling. In a small bowl, whisk together heavy cream and cornstarch. Whisk the cream mixture into the saucepan and cook while whisking for another minute or until desired thickness has been reached. Serve churros with the apple dip and enjoy!

*This recipe is best prepared using 2-4 Empire, Gala, Ambrosia or Honeycrisp apples



Cooking time: 23

Prep time: 15

Serves 5

Peanut Apple Soup

Ingredients

- 1 tsp (5 mL) oil
- 1 small onion, diced
- 2 cups (500 mL) diced Ontario apples*
- 1 small sweet potato, peeled and diced
- 2 tbsp (30 mL) grated fresh ginger
- 4 cloves garlic, chopped
- 1 tsp (5 mL) each salt and pepper
- 1/3 cup (80 mL) tomato paste
- 1/2 cups (125 mL) unsalted peanut butter
- 1 tbsp (15 mL) ground cumin
- 1/4 tsp (1 mL) red chilli flakes
- 4 cups (1 L) chicken broth
- 2 tbsp (30 mL) fresh cilantro
- 2 pieces of toasted flatbread

Instructions

In a large stockpot heat oil over medium heat. Stir in onions, apples, sweet potatoes, ginger, garlic, salt and pepper; cook for 5 minutes. Stir in tomato paste, peanut butter, cumin, chilli flakes and chicken broth. Bring to a boil and cook on medium-low heat for 15 minutes stirring often.

Garnish with fresh cilantro and fresh sliced chillies if more heat is desired. Serve with flatbread for dipping.

*This recipe is best prepared using 2-4 Honeycrisp, Crispin, Empire or Golden Delicious apples



Cooking time: 17

Prep time: 15

Serves 2

Roast Apples & Duck

Ingredients

Duck:

- 1 lb (500 g) duck breasts, approx. 2 breasts
- 1/2 tsp (2 mL) each salt and pepper
- 2 cups (500 mL) diced Ontario apples*
- 1/4 tsp (1 mL) each salt and pepper
- 1/4 tsp (1 mL) dried thyme
- 1/4 tsp (21mL) dried rosemary
- 1 tbsp (15 mL) red wine

Apples:

- 1 small onion, diced

Instructions

Duck: Pat duck breasts dry using paper towel. Using a sharp knife, make long diagonal cuts along the skin of the duck breasts every half-inch. The cuts should cut all the way through the duck skin but not cut the meat. Mix salt and pepper together in a small bowl and sprinkle on both sides of the two duck breasts.

Starting in a cold skillet, add the duck breasts to the pan skin side down. Gradually turn up heat every two minutes until you get to medium-high heat. Using this method, cook for 8 minutes without moving. Once the skin is properly seared and crispy, the duck breasts will easily release from the pan. Turn the duck over and cook for another minute browning all sides of the duck breast. Set aside duck breasts on a plate and pour duck fat into a bowl.

Return the skillet back to the stove and place on medium-high heat. Add 1 tbsp of the reserved duck fat. Stir in onions, apples, salt, pepper, thyme and rosemary. Cook stirring occasionally for 5 minutes. Pour in red wine and stir; cook for 30 seconds. Place the duck breast on top of the apples in the skillet, skin side up, and bake at 400°F (200°C) for 8 minutes. Once out of the oven, let duck rest for 10 minutes, slice and serve.

*This recipe is best prepared using 2-4 Gala, Idared, Ambrosia or Honeycrisp apples



Cooking time: 45
Prep time: 25
Serves 4

Filipino Apple Adobo

Ingredients

- 2 cups (500 mL) diced Ontario apples*
- 1 cup (250 mL) small cauliflower florets
- 1 cup (250 mL) diced squash
- 1 small white onion, chopped
- 1 tbsp (15 mL) oil
- 1/2 tsp (2 mL) each salt and pepper
- 1 lb (500 g) chicken legs and thighs
- 1 tbsp (15 mL) ground turmeric
- 1 tsp (5 mL) oil
- 4 large garlic cloves, chopped
- 1 tbsp (15 mL) grated fresh ginger
- 1/2 tsp (2 mL) crushed red pepper flakes
- 1 tbsp (15 mL) vinegar
- 1 13.5-ounce can unsweetened coconut milk
- 1 tbsp (15 mL) honey

Garnish: toasted coconut flakes, thinly sliced chillies and chopped cilantro

Instructions

Heat oven to 400°F (200°C). Toss apples, cauliflower, squash and onion on a large rimmed baking sheet with oil, salt and pepper. Place chicken on top and season with salt and pepper. Roast vegetables and chicken for 30 minutes or until brown and tender.

In a large soup pot over medium-high heat toast turmeric for 30 seconds, stirring and being careful not to burn. Stir in oil, garlic, ginger and red pepper flakes. Cook for 1 minute stirring often. Stir in vinegar and cook for 2 minutes. Stir in coconut milk, honey and the roasted vegetables from the oven and cook for 10 minutes stirring occasionally. Divide adobo among bowls and top with chicken.

Garnish with toasted coconut, chillies, and cilantro.

*This recipe is best prepared using 2-4 McIntosh, Honeycrisp or Empire apples



Cooking time: 40
Prep time: 15
Serves 6

Apple Clafoutis

Ingredients

- 1 cup (250 mL) whole milk
 - 3 eggs
 - 1/2 cup (125 mL) sugar
 - 1 tsp (5 mL) vanilla
 - 2 tbsp (30 mL) butter, melted
 - 1 tsp (5 mL) cinnamon
 - 1/2 cup (125 mL) all-purpose flour
- Apple Topping:
- 2 cups (500 mL) sliced Ontario apples*
 - 1/2 tsp (2 mL) cinnamon
 - 1 tbsp (15 mL) sugar

Instructions

Preheat oven to 325°F (160°C). In a large bowl, whisk together milk, eggs, sugar, vanilla and butter until the sugar is dissolved. Whisk in cinnamon and flour until smooth. Pour the batter into a greased 9-inch cast iron skillet.

Apple Topping: In a medium sized bowl, toss apple slices in cinnamon and sugar. Place apple slices in a decorative circle pattern so that the apples slices are leaning on each other. Bake for 40 minutes or until puffed, golden and set in the middle. Let sit for 5 minutes and then serve immediately.

*This recipe is best prepared using 2-4 Gala, Crispin, Ambrosia or McIntosh apples

CONTACT US

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