



Watertown Farmers' Market Culinary Corner

September 2, 2020

Welcome to Eat Well Watertown's Culinary Corner! Each week, we'll feature Watertown Farmers Market products and vendors. We'll offer nutritional and culinary tips, and recipes for you to experiment with. We hope that you'll be encouraged to try new or unfamiliar vegetables and fruits, and we'll help you pair them with meats and fish from the Farmers Market walkway.

Apple Season

Written By: Eat Well Chef Ilana

Don't get me wrong: I love summer, but I was delighted to see the first apples of the season last week at Dick's Garden Market. And the first thing I thought of was food from my childhood from both ends of the apple-cooking spectrum.

Waldorf Salad It was created at New York's Waldorf-Astoria Hotel as part of the catering menu for a charity ball in 1893. It's a standard, and is popular with home cooks as well, perhaps because of its simplicity. Basically it's a salad of chopped apples, celery, and walnuts, bound together with mayo. But feel free to do jazz it up. I don't like celery, so I leave that out, and include something like fennel. Add halved grapes, or even moist raisins. And for the dressing, replace some of the mayo with Greek yogurt for a lighter, tangier taste, and balance it with some lemon juice and zest.

Apple Butter Now on to the VERY cooked! I remember all the girls and moms and grandmas around the table on a Saturday, peeling and chopping. Then, on Sunday the long process of slow-cooking those apples down would begin. For sweetener, you can add sugar and/or apple cider. And then you just cook and cook and cook. Add about a half cup each of sugar and cider for every 2 pounds of apples, or to taste (plus a pinch of salt and a bit of lemon juice). If you've got a good food mill you don't even need to peel them! Just cook them for a half hour or so, then mash or put through a food mill, then cook some more – 1-1.5 hours – until the sauce thickens and turns a luscious brown. Two pounds of apples should yield about 1 ½ cups of apple butter, and it'll last up to a couple of months in your fridge. Add cinnamon if you like, but I like the pure apple flavor. Use it on toast, or to glaze pork chops, or even stirred into your morning yogurt or oatmeal.