

Michigan's Apple Harvest



Nino Salvaggio Live Cooking Demonstration

Clinton Township Store

Saturday, October 7th, 2006

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www.ninosalvaggio.com

We welcome you to today's cooking demonstrations and hope you enjoy the presentation. As always, we welcome and encourage your enthusiastic participation.

TODAY'S DEMONSTRATED DISHES

- Roasted Moroccan Pork Tenderloin with Apple Chutney
- Stuffed Breast of Chicken, Italian Sausage, Apples, Sun Dried Cherries & Gruyere
 - Chicken Calvados
- Apple & Smoked Gouda Rangoons with Cinnamon Sugar
 - Thai Apple Salad "Waldorf Style"
 - Apple Stuffed Crepes
 - Maple Caramelized Apples in Puff Pastry
- Oven Baked French Toast with Maple Apples

Although we do make an attempt to offer a few samples of the dishes we are preparing, it may not always be possible to accommodate all who attend. We apologize in advance.



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Some Words About Michigan's "Apple Harvest"



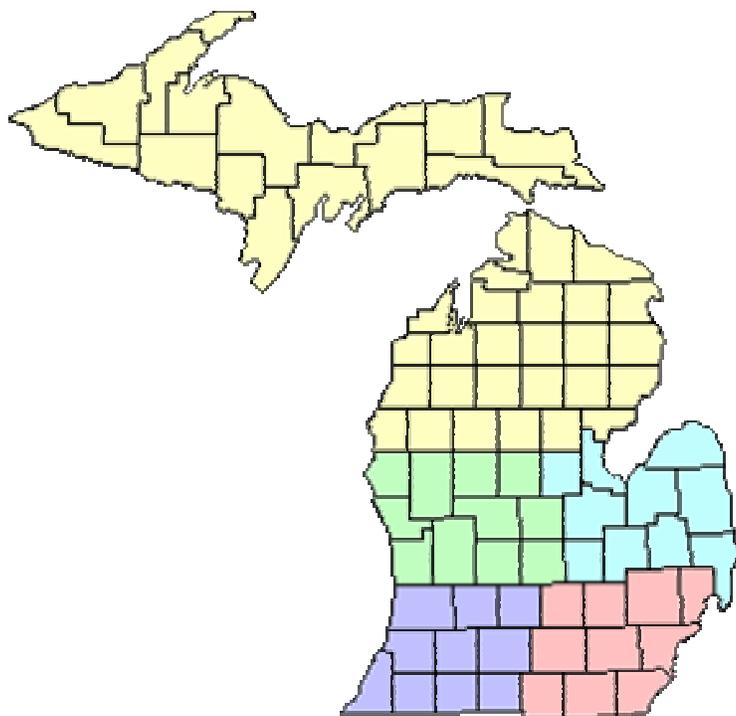
Apples are grown all over the world, but there aren't many places on earth that match Michigan's quality and quantity when it comes to producing apple crops. Michigan is third in the United States in growing apples, and is number one in producing Jonathans and Northern Spys. Apples are Michigan's largest and most valuable fruit crop, with a volume of 780 million pounds valued at about \$100,000,000 annually to the apple grower and the value-added marketing and processing enhance the economic contribution of Michigan apples up to \$400-500 million of economic impact annually. Apples account for about 65% of the entire production of Michigan's fruit harvest which also includes tart cherries, sweet cherries, blueberries, peaches, grapes, strawberries, pears and plums.

Small family farmers who operate their own orchards dominate the Michigan apple industry. There are over 8 million apple trees in commercial production, covering 42,500 acres, on 1,000 family-run farms throughout Michigan's Lower Peninsula. According to recent statistics, 99 percent of Michigan orchards had fewer than 100 acres in apples.

Michigan also plays a vital role in processed apples. About 60 percent of all Michigan apples are processed into another product. Michigan is the largest supplier of apple slices used in commercially prepared apple pies. Michigan apples are also a main source for applesauce, fresh-cut slices, and fresh and shelf-stable apple cider.

Longtime favorite varieties still dominate Michigan's orchards. The most prevalent variety remains the Red Delicious, followed closely by the Golden Delicious. The up-and-coming Gala (Royal Gala) and Honeycrisp apples are rapidly gaining on tradition, however.

Michigan Orchard Listings



North Region (Yellow), 18 orchards

West Central Region (Green), 24 orchards

Thumb Region (Blue), 25 orchards

Southwest Region (Purple), 56 orchards

Southeast Region (Red), 48 orchards

ROASTED MOROCCAN PORK TENDERLOIN WITH APPLE CHUTNEY

Serves 4 to 6

2 Pork Tenderloins, Trimmed & Tied
1/4 Cup Moroccan Seasoning Blend (Available at Nino's Meat Department)
2 -3 Tbsp Vegetable (Canola) Oil

Apple Chutney

4 Medium Apples, Peeled, Cored and Diced 1/2 inch.
2 Tbsp Butter
1/2 cup Raisins, Dark,
1/2 cup Cherries, Sun Dried
3 Medium Garlic Cloves, Chopped
2 tsp Ginger, Fresh, Grated
1/4 cup Red Onion, Cut 1/2 inch
1/4 cup Green Onion, Cut in 1/4 inch bias cuts
1 tsp Salt, Kosher
1/8 tsp Cayenne Pepper
1 cup Cider Vinegar
1 cup Sugar, Granulated
1/2 cup Brown Sugar
1/2 Cup Almond Slivers, Toasted

Method: Season pork tenderloin with Moroccan seasoning, then in a non-stick sauté or frying pan heat on medium high heat, sear meat on all sides to color. Place tenderloins on a baking sheet and place in a pre-heated 350F oven for approximately 30 minutes or until pork's internal temperature is 165F. While pork is in the oven, in a heavy saucepan, over medium high heat, sauté apples in butter until lightly browned. Add all remaining ingredients and bring to a simmer. Simmer very gently on low heat until mixture thickens. Remove sauce pan from heat and allow to cool to room temperature. Stir in toasted almond slivers. Serve warm with sliced pork tenderloin or refrigerate and serve as a chilled condiment.

STUFFED BREAST OF CHICKEN WITH SMOKED ITALIAN SAUSAGE, APPLES, SUN DRIED CHERRIES & GRUYERE

Serves 4 to 6

4 Chicken Breasts, Boneless, Skinless
1/2 Cup Flour (Seasoned with Salt & Pepper)
2 Eggs, Beaten
1/2 Cup Milk
1 1/2 Cups Seasoned Bread Crumbs

2 Tbsp Olive Oil
1 Link Smoked Italian Sausage, Cut in 1/2" Dice
1/4 Cup Onions (Sweet) Cut in 1/2" Diced
1/4 Cup Fennel, Fresh, Cut in 1/2" Dice
2 tsp Garlic, Fresh, Chopped

2	Apples, Peeled, Cored & Diced 1/2"
1/4 Cup	Sun Dried Cherries
1/4 Cup	Walnut Pieces
2/3 Cup	Gruyere Cheese, Shredded
To Taste	Salt & Pepper

1 Cup	Vegetable Oil (Canola) to Pan Fry
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Method: In a sauté or frying pan over medium high heat, sauté Italian sausage, onions and fennel in olive oil for 2 to 3 minutes. Add garlic and sauté one minute, Add apples and sauté 3 to 5 minutes or until apples are slightly softened. Add sun dried cherries and walnuts and sauté one minute. Season with salt and pepper and remove from the heat. Cool to room temperature. Pound chicken breasts to 1/4" thick. Place 1/3 cup of filling near bottom edge of pounded chicken breast and add 2 to 3 tbsp of Gruyere cheese on top. Fold bottom edge of chicken breast over filling, then side edges of chicken breast, then roll forward to encase stuffing in the middle. Repeat to remaining breasts in similar fashion. Chill for 30 minutes to set. Bread stuffed breasts by flouring each stuffed breast in seasoned flour, then dip into a mixture of the beaten egg and milk. Last, roll each stuffed chicken breast in seasoned bread crumbs. Repeat for all breasts.

In a shallow skillet or fry pan, add oil and heat to medium high. Place the breaded breasts seam side down and pan fry until golden. Turn over and fry again until golden. Repeat for all breasts and place them on an oven proof baking dish. Bake in a 375 F pre-heated oven approximately 20 minutes or until cheese is full melted and the internal temperature of the stuffing is 165 F.

This dish would be appropriately garnished with a serving of seared apple wedges.

CHICKEN CALVADOS

Serves 4 to 6

Calvados is a dry apple brandy considered to be a premium brandy, which is produced in the Calvados region of northern France. This brandy is made from fermented apples distilled and aged in a manner similar to Cognac. Calvados is distilled twice and then aged in Limousin oak kegs for several years if sold as a younger variety or longer for higher quality vintages, which may be aged over 40 years. Calvados is often used to enhance the flavor of meat dishes (typically chicken, pork or veal), fruit desserts (apple tartlets), or for cream sauces to be used as toppings for fruit desserts.

4 Strips	Maple Bacon, Nino's Butcher Shop Brand Cut in 1" Pieces
1 Medium	Onion, Diced 1/2 "
1 tsp	Garlic, Fresh, Chopped
6	Chicken Breasts, Boneless, Skinless
1/2 Cup	Flour, Seasoned with Salt & Pepper
1/4 Cup	Vegetable Oil, (Canola)
2 Tbsp	Butter, Salted
3	Apples, Peeled, Cored, Quartered and Sliced 1/4 "
1tsp	Freshly Ground Cardamom
1/3 Cup	Calvados, Cider Brandy or Brandy
1 tsp	Thyme. Fresh Chopped
1/2 Cup	Apple Cider
1/2 Cup	Heavy Cream
To Taste	Salt and Pepper

Method: In a medium size skillet or fry pan over medium heat, fry bacon until crisp. Add onions and cook until they are softened (2 to 3 minutes) Add garlic and sauté one minute longer. Remove mixture from pan, strain off all excessive bacon fat and reserve. Flour breasts in seasoned flour. Add oil to the pan formerly used to fry bacon and pan fry chicken breasts on both sides until golden brown and cooked through. Remove chicken breasts from pan and reserve. Strain off all oil from the pan, add 2 Tbsp of butter and sauté apples until lightly colored. Add bacon, onion and garlic mixture and re-heat. Add Calvados or brandy and ignite. When flames extinguish, add cider, cardamom and thyme. Reduce by half and add cream. Simmer until sauce slightly thickens. Add chicken back to the pan and baste sauce over chicken to reheat. Plate chicken on dish and pour over sauce with its garnish.

More Interesting Apple Trivia

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- *Americans eat approximately 19.6 pounds of fresh apples annually, compared to about 46 pounds consumed annually by residents of European countries.*
 - *The world's largest apple peel was created by Kathy Wafler Madison on October 16, 1976, in Rochester, NY. It was 172 feet, 4 inches long. (She was 16 years old at the time and grew up to be a sales manager for an apple tree nursery.)*
 - *It takes about 36 apples to create one gallon of apple cider.*
 - *Two pounds of apples make one 9-inch pie.*
 - *2500 varieties of apples are grown in the United States and 7500 varieties of apples are grown around the world.*
 - *Apples are grown commercially in 36 states.*
 - *A medium apple has about 80 calories and are fat, sodium and cholesterol free. In addition, one apple has 5 grams of fiber. Oh, and by the way...they taste great too!*
 - *The pilgrims planted the first US apples trees in the Massachusetts Bay Colony.*
 - *The science of apple growing is called pomology.*
 - *25 percent of an apple's volume is air, that's why they float.*
 - *Apples are the second most valuable fruit crop in the United States. Oranges are first.*
 - *Archeologists have found evidence that humans have been enjoying apples since 6500 BC.*

APPLE & SMOKED GOUDA RANGOONS WITH CINNAMON SUGAR

Serves 4 to 6

This dish is new and was created especially for today's demonstration. The premise of this idea is the remarkable versatility of apples flavor to meld into numerous cuisines and with many flavors. From proteins like chicken and pork, to salads such as "Waldorf", to desserts and beverages, apples are a universally adaptable culinary resource for the creative cook. This dish, is a twist on Crab Rangoons, uses another one of apples "companion" foods, cheese. In this case, smoked cheese. Packaged in egg wrapper skins and deep fried, the final taste is reminiscent of a baked apple pie with a cheese gratin crust.

4	Apples, Peeled, Cored and cut 1/2" Dice
1/4 Cup	Currants
1/2 Stick	Butter, Salted
1/4 Cup	Brown Sugar
2 Tbsp	Lemon Juice (Juice of 1/2 Lemon)
1/2 tsp	Cinnamon, Ground
2 Tbsp	Cornstarch
1/4 Cup	Apple Cider
1 1/2 Cups	Smoked Gouda, Shredded
8 to 10	Egg Roll Wrappers
1	Egg, Beaten
1 Cup	Granulated Sugar
1 Tbsp	Cinnamon, Ground
As Needed	Vegetable Oil (Canola) to Fry

Method: Saute apples in butter until tender. Add currants, brown sugar, lemon juice & cinnamon. Cook 1 to 2 minutes. Dissolve cornstarch in cider and add. Simmer until thickened, then remove from the pan and cool. Place a full sized egg wrapper on a flat working surface with the point of the square egg wrapper facing toward you. Place approximately 2 tablespoons each of apple filling and smoked gouda cheese approximately 2 inches inward from bottom point of the egg wrapper skin. Fold bottom point up and over filling then fold left and right side points over filling. Paint upper point and edges of exposed wrapper with beaten egg and roll egg wrapper forward to seal package in a tubular rectangular shape. Repeat with remaining filling and wrappers.

Heat oil to 360 F and deep fry stuffed egg wrappers until golden. Mix together granulated sugar and cinnamon. Roll hot Apple Rangoons in cinnamon sugar and serve.



An old proverb attests to the health benefits of the fruit: "An apple a day keeps the doctor away." Research suggests that apples may reduce the risk of colon cancer, prostate cancer and lung cancer. Like many fruits, Apples contain Vitamin C as well as a host of other antioxidant compounds, which may reduce the risk of cancer by preventing DNA damage. The fiber content, while less than in most other fruits, helps regulate bowel movements and may thus reduce the risk of colon cancer. They may also help with heart disease, weight loss and controlling cholesterol, as they do not have any cholesterol, have fiber (which reduces cholesterol by preventing re-absorption), and are bulky for their caloric content like most fruits and vegetables.

THAI APPLE SALAD "WALDORF" STYLE

Yield 3 cups

2 Medium or 2 Cups	Apples, Granny Smith, Diced ½"
¼ Cup	Celery, cut in ¼" dice
2 TBSP	Green Onion, cut in ¼" Lengths
½ Cup	Mayonnaise
2 TBSP	Thai, Peanut Sate Dressing / Sauce
½ tsp	Ginger, fresh, minced
¼ tsp	Curry Powder (Oriental Hot preferred)
¼ Cup	Peanuts, granulated
Pinch	Cayenne Pepper
Pinch	Salt

Method: Combine all ingredients. Stir. Chill until needed for service.

APPLE FILLING FOR CREPES

2	Granny Smith Apples Peeled & cored sliced ¼ inch thick
2 Tbsp	Butter, Unsalted
¼ Tbsp	Cinnamon, Ground
¼ Tbsp	Nutmeg, Ground
½ Cup	Brown Sugar
1/4 Cup	Triple Sec (Grand Marnier or Cointreau)
1/4 Cup	Heavy Whipping Cream

Method: In a sauté pan heat apples & butter until caramelized. Add cinnamon, nutmeg & brown sugar, simmer for 2 min., set aside and let cool. Add 1 tablespoon butter to sauté pan, place crepe in sauté pan, brown lightly and flip over, add apple filling and fold. Add triple sec, simmer for ½ minute, finish with heavy cream. Variations: filling can be made with any fruit, and topped with a variety of toasted nuts.

CREPE BATTER

Makes 12 Crepes

¾ Cup	All Purpose Flour
Pinch	Salt
1 ¼ Cup	Milk
1	Egg Yolk
1	Whole Egg
1 Tbsp	Melted Butter:

Method: Sift the flour into a mixing bowl. Add a pinch of salt, the egg yolk and whole egg and half of the milk. Stir with a wire whip until smooth. Add the remainder of the milk and melted butter and whisk until smooth.

OPTIONAL: All of the ingredients may be put in the blender for 10 seconds. If the batter is made in the blender, it may be used immediately. If it is prepared by hand, allow it to rest for 1 hour so that the flour and the milk will be well combined.

MAKING THE CREPE: Start with a NON STICK (Teflon) saute or fry pan on medium high heat. Additionally, spray the pan lightly with non-stick vegetable spray. For a 10 inch diameter pan, start with approximately ¼ cup of crepe batter, and pour in the middle of the pan. Roll batter evenly over the surface of the pan by holding the pan up and tilting the pan from side to side and rotating in a circular

manner to encourage batter to spread across surface. Return pan to burner and allow batter to set and slightly brown on edges of the pan. Lift one edge of the crepe with a spatula and turn over to cook 30 seconds on the opposite side. When finished, slip crepe out of pan onto a plate or cookie sheet. Repeat procedure and stack one finished crepe upon another until all crepes are cooked.
STORAGE: Crepes will keep in the refrigerator (stacked upon one another) or in the freezer filled or unfilled, in plastic wrap.

Preparing Apples

CORING

Insert corer directly into the center of the apple; twist with even pressure and lift up to remove the core. This may be done before or after the fruit has been cut.



PEELING/PARING

Paring may be done before or after the apple is cut. However, it's more time-saving to peel the whole apple. Use a sharp knife, and with a slight side motion, cut the peel or skin away or "strip peel" the apple in a continuing spiral.



RINGS OR CIRCLES

Core and slice apples crosswise in any thickness. For half circles, halve apples from top to bottom before slicing crosswise.



TIDBITS

Remove the core and cut each apple into eighths. Cut each eighth into bite-sized pieces or wedges.



SLICES/QUARTERS

Halve the apple lengthwise and remove the core. Cut lengthwise into pieces or slices.



CHUNKS/PIECES

Cut apple in half lengthwise and then crosswise. Remove core, cut each quarter into three or four large-sized pieces.



STICKS

Remove stem and blossom end of apple and core. Cut lengthwise through the apple and place half, core side down, on cutting board. Slice evenly lengthwise.



MAPLE CARAMELIZED APPLES IN PUFF PASTRY

Serves 4 to 6

- 8 Granny Smith Apples, Peeled & Cored
- $\frac{3}{4}$ Cup Melted Butter
- 1 Tbsp Ground Cinnamon
- $\frac{1}{2}$ Tbsp Ground Nutmeg
- 1 Cup Brown Sugar
- $\frac{1}{4}$ Cup Maple Syrup
- 4 Large Eggs
- $\frac{1}{4}$ Cup Milk
- $\frac{1}{2}$ Cup All Purpose Flour
- 3 sheets Puff Pastry

Method: In a large mixing bowl combine butter, cinnamon, nutmeg, brown sugar and maple syrup.

Add apple and cover with mixture. Place apples on a lined sheet tray and bake for 15 minutes in a 375 degree oven. until firm but browned.

Place in refrigeration until completely cooled. Whisk together eggs & milk in a small mixing bowl.

Cut puff pastry in four even squares, place apples in the center of and fold puff pastry over to cover completely. Brush with the egg mixture, place on a lined baking sheet and bake in a 400 degree oven for 15 minutes until golden brown. Serve hot.

*Serving options: Vanilla Bean Ice Cream, Whipped Cream and Caramel Sauce.

OVEN BAKED FRENCH TOAST WITH MAPLE APPLES

Serves 4 to 6

- 6 Large eggs
- 2 Cups Milk
- 2 tsp Vanilla Extract
- 1 tsp Ground Nutmeg
- 1 loaf French Bread, Sliced $\frac{3}{4}$ In.
- 4 Tbsp Unsalted Butter

4
 1 ½ Cups
 ½ Tbsp
 1 tsp

Granny Smith Apples, Peeled, Cored & Sliced ¼ Inch Thick
 Maple Syrup
 Cinnamon
 Vanilla Extract, Pure

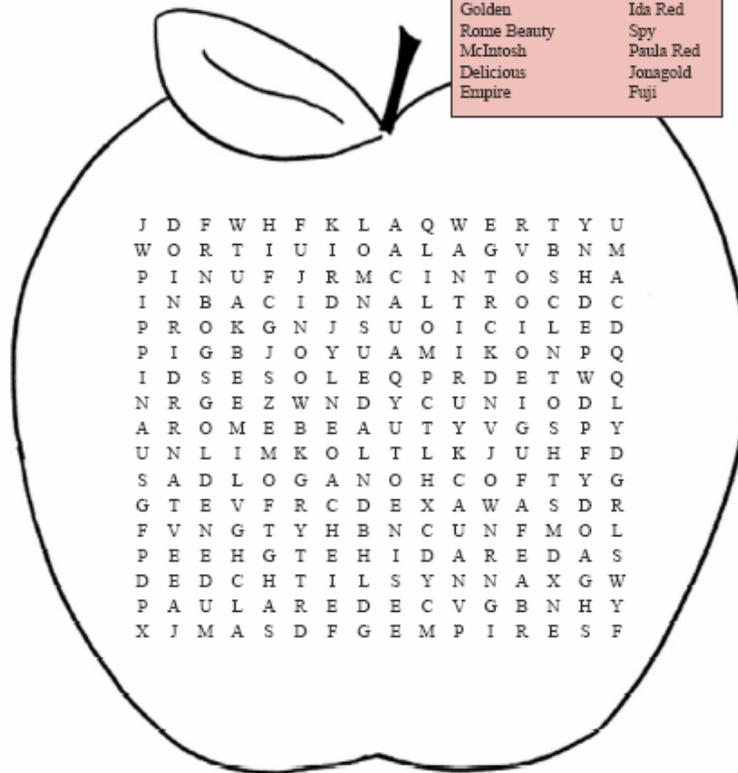
Method: In a shallow glass dish, beat eggs with the milk, vanilla & nutmeg. Add the bread, turn & coat let soak for 5 minutes. Meanwhile in a large skillet, melt 2 tablespoons butter. Add the apples, 1 cup of the maple syrup and cook over high heat, stirring frequently, until softened and lightly caramelized, about 8 minutes. Add the cinnamon and remaining maple syrup and simmer for an additional minute. Add apple maple mixture to a well greased baking pan (8x10), spread evenly & top with the presoaked slices of French bread, melt remaining butter and spread over the soaked French bread, place the pan in a 375 degree oven for 15 to 20 minutes or until the French toast is golden brown.

Serve hot.

Apple Variety Word Search

Find the names of 12 different Michigan apple varieties in the word search. They may be written forward, backward, or diagonal.

Michigan Apple Varieties	
Jonathan	Gala
Golden	Ida Red
Rome Beauty	Spy
McIntosh	Paula Red
Delicious	Jonagold
Empire	Fuji



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 W O R T I U I O A L A G V B N M
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We hope you enjoyed today's cooking program and look forward to seeing you again at our next show! Information about our upcoming shows including subjects, dates and times are published in store and through our e-mail club newsletters. If you have not joined, we welcome you to do so at any check out lane or through our web site at www.ninosalvaggio.com Our e-mail club members receive advanced notice of our Marketplace Specials, Promotions, Cooking Classes, New Recipes, Informational Flyers and so much more. In addition, our Wine Club members receive regular updates on new releases and featured wines you won't want to miss. Join today!