# FALL HARVEST FRESH

## **Apple Pear Compote**

Yield: 6-8 servings Ingredients:

- 1/4 cup golden raisins
- 2 tablespoons butter
- Juice of half a lemon
- Zest of one lemon
- -1/3 cup sugar
- 1 teaspoon vanilla
- Pinch of salt
- 1/2 teaspoon cinnamon
- Pinch of cayenne pepper
- Pinch of nutmeg
- Pinch of powdered ginger
- Pinch of allspice
- 1 tablespoon Calvados or apple jack
- 6 Red Delicious apples, peeled, cored and cut into bite sized pieces
- 2 Bartlett pears, peeled, cored and cut into bite sized



Fall apples, pears and sweet spices make this a delicious accompaniment to any meal.

- 1. Combine raisins, butter, lemon juice, lemon zest, sugar, vanilla, salt, spices and brandy in a large pan and heat and stir to blend ingredients.
- 2. Add apples and pears and simmer 15 minutes or until sauce is thick and fruit is tender

## **Zucchini Bread**

- 1 and 3/4 cups (220g) all-purpose flour (spooned & leveled)
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 and 1/2 teaspoons ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/2 cup (120ml) vegetable oil (or melted coconut oil)
- 1/2 cup (100g) packed light or dark brown sugar
- -1/2 cup (100g) granulated sugar
- 2 large eggs, at room temperature
- 1/4 cup (60g) unsweetened applesauce (or sour cream or Greek vogurt)
- 2 teaspoons pure vanilla extract
- 1 and 1/2 cups (180g) shredded zucchini (no need to
- optional: 1 cup (180g) semi-sweet chocolate chips (or chopped nuts, raisins, etc)

## **Upside-down Tomato Corn cake**



This versatile and easy dish uses fresh corn and cherry tomatoes.

### Serves 8

### Ingredients:

- 1 1/2 pints cherry tomatoes, halved
- 1 1/4 cups yellow cornmeal
- 3/4 cup all-purpose flour
- 1 tablespoon granulated sugar
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda - 1 teaspoon kosher salt
- 1/8 teaspoon freshly ground black pepper
- 2 large eggs
- 1 cup buttermilk
- 6 tablespoons unsalted butter, melted and cooled

- 1 cup fresh corn kernels (from 2 ears)

- 1. Arrange a rack in the middle of the oven and heat to 400°F. Cut out a round of parchment and line the bottom of a 10-inch cast iron skillet.
- 2. Place the tomatoes in a single layer, cut-side up, on the parchment to cover the entire skillet.
- 3. Whisk the cornmeal, flour, sugar, baking powder, baking soda, salt, and pepper together in a large bowl; set aside.
- 4. Place the eggs, buttermilk, and butter in a medium bowl and whisk until blended. Make a well in the center of the dry ingredients.
- 5. Pour in the liquid ingredients, then stir with a wooden spoon or rubber spatula just until the ingredients are combined Fold in the corn
- 6. Pour the batter into the skillet, then smooth it into an even layer over the tomatoes. Bake until the top is golden-brown and the edges have pulled away from the sides of the skillet, 22 to 25 minutes.
- 7. Let the cake cool for at least 10 minutes, then run a knife along the edge of the pan. Invert the cake onto a large plate and carefully remove the layer of parchment.

### Instructions:

- 1. Preheat the oven to 350°F (177°C). Grease a 9×5-inch
- 2. Whisk the flour, baking powder, baking soda, salt, cinnamon, and nutmeg together in a large bowl until thoroughly combined. Set aside.
- 3. In a medium bowl, whisk the oil, brown sugar, granulated sugar, eggs, applesauce, and vanilla together until combined.
- 4. Whisk in the zucchini. Pour the wet ingredients into the dry ingredients. Gently stir or whisk until \*just\* combined; do not overmix. Fold in any optional add-ins like chocolate chips or nuts. Batter is slightly thick.
- 5. Spread the batter evenly into prepared loaf pan. Bake for 55-70 minutes. (Loosely cover the bread with aluminum foil halfway through to prevent heavy browning on top.) Baking times vary so keep an eye on yours. The bread is done when a toothpick inserted in the center comes out \*mostly\* clean with zero raw batter.
- 7. Remove the bread from the oven and set on a wire rack. Cool in pan for 1 hour before removing from pan. You can slice the bread at this point, but it will still be warm in the center and may not slice neatly. For neat slices, continue cooling bread directly on a wire rack and then slice once

Cover and store leftover bread at room temperature for up to 3-4 days or in the refrigerator for up to 1 week.

### PRICES SUBJECT TO CHANGE

| Ground cinnamon                        |
|--|
| Ground nutmeg                          |
| Brown sugar                            |
| Semi sweet chocolate chips230g \$11.19 |
| Chopped walnuts                        |
| Golden raisins                         |
| Powder ginger                          |
|  |

| All spice                                      |
|--|
| Cornmeal                                       |
| Unsweetened applesauce: Applesnax 620ml \$4.49 |
| Coconut oil: Wild tusker200ml <b>\$6.49</b>    |
| Black pepper                                   |
| Kosher salt: Aurora                            |
| Vanilla extract organic57ml <b>\$6.99</b>      |



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