



POPULAR PLATES

# Fall Foods



**75+**  
**FANTASTIC**  
**FALL SEASON**  
**RECIPES**

**GUY FIERI'S**  
**OFF-THE-HOOK**  
**CASSOULET**

**INGRID**  
**HOFFMANN'S**  
**DELICIOUS**  
**CHIPOTLE**  
**TAMALE PIE**

**SATISFYING**  
**SOUPS**

*plus!*

**NADIA G**  
**VS AARON**  
**MCCARGO JR.**  
**YOU BE**  
**THE JUDGE!**

**BOBBY**  
**FLAY'S**  
**PICK-**  
**ME-UP**  
**BRUNCH**

**FRESH**  
**FALL**  
**FLAVORS**

- Apples
- Beets
- Brussels Sprouts
- Butternut Squash
- Chile Peppers
- Collard Greens
- Cranberries
- Dungeness Crab
- Figs
- Kale
- Maple
- Pomegranates
- Pumpkin & Pumpkin Seeds
- Rutabagas
- Sweet Potatoes
- Turnips
- Wild Mushrooms

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2011 ANNUAL • DISPLAY UNTIL 11/8/2011

Aaron Mccargo Jr.'s  
Horseradish-Crusted Filet Mignon  
With Braised Portobello Mushrooms and  
Cheesy Potatoes With Bacon and Oregano



# apple season

READY TO TRY SOMETHING NEW?  
FALL BRINGS PLENTY OF DELICIOUS—AND OFTEN REGIONAL—APPLE VARIETIES TO FARM STANDS ACROSS THE COUNTRY





**D**id you know that more than 2,500 varieties of apples are grown in the United States? Perhaps just as amazingly, about 20 of those varieties are widely available in supermarkets nationwide, according to the U.S. Apple Association ([www.usapple.org](http://www.usapple.org)). The rest—including plenty of delicious regional favorites—can be found at farmers' markets,

reenmarkets and orchards all across the country.

"Most apples are grown in large quantities in Washington state and shipped from there; those will often be what people find first in stores," says "Farmer Bob" Helmer, the owner and manager of Alida's Fruits in Palisade, Colorado. "Many, many regions around the country grow all kinds of apples. Here in Colorado, for instance, we grow almost every variety of apple, although many are on a limited basis. Popular Colorado varieties include Fuji, Red and Golden Delicious and Jonathan."

We asked Farmer Bob and two other experts to share their picks or fabulous fall apples with us. Most of these varieties are great for eating as snacks or for making into juice or apple sauce. But we've also rounded up a nice assortment of recipes that feature apples prominently, so you can have some fun playing with these different seasonal varieties.

#### **Chris's Pick:** **Arkansas Black**

**AVAILABLE:** Late October through November on the West Coast.



**BACKGROUND:** This apple originates from the late 1800s and is now grown in multiple regions of the U.S. It is thought to be from the seedling of a Winesap.

**FLAVOR:** The skin has a cherry-like taste that gives this apple a distinctive flavor.

**TEXTURE/FLESH:** It has dark purple flesh with a white interior.

**USES:** It's best eaten out of hand

and best served cold to maintain a crisp snap.

#### **Michael's Pick: Cortland**

**AVAILABLE:** Mid-September through October.

**BACKGROUND:** The Cortland apple was developed in Geneva, New York, in 1915. It is a cross of Macintosh and Ben Davis apples. It's grown in the Northern New England region but can now be found anywhere in the U.S.

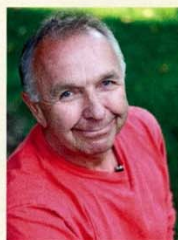


**FLAVOR:** It is less sweet than other varieties.

**USES:** Its snow-white flesh browns very slowly, making it

### **The Experts**

**Chris Mittelstaedt**, the CEO and founder of The FruitGuys ([www.fruitguys.com](http://www.fruitguys.com)) in San Francisco, is akin to a sommelier when it comes to apples: He can tell you the variety of an apple in a blind taste test. His company works with farms across the country to provide fresh, seasonal, local produce—including all kinds of apples—to businesses nationwide, from small mom-and-pop shops to huge companies such as Yahoo!, Wells Fargo and Yohama. The FruitGuys also ship produce to homes and to schools.



**Michael Smolak** is the owner and COO of 300-year-old Smolak Farms ([www.smolakfarms.com](http://www.smolakfarms.com)) in North Andover, Massachusetts, about 45 minutes north of Boston, where the fall-season offerings include apples, pumpkins, squash and Christmas trees. You can pick your own apples there in September and October or buy ready-picked fruit from a farm

stand. Michael also has created an Antique Apple Orchard on the property to preserve varieties that are no longer grown for commercial harvest, including Chenango Strawberry, Sops of Wine, Cox Orange Pippin, Sheepnose, Smokehouse, Rhode Island Greening, Fameuse Snow, Golden Russet, Winter Banana, Spitzenberg, Seek No Further, Red Stayman, Yellow Newton, Lady, Pink Pearl, James Grieve, Baldwin and Wolf River.

**Bob Helmer** is a lifelong fruit farmer. "Farmer Bob" and his wife, Alida, have spent almost 25 years tending the orchards—and concocting a variety of canned and dried products from their bounty—at Alida's Fruits ([www.alidasfruits.com](http://www.alidasfruits.com)) in Palisade, Colorado. The couple not only ships fresh fruit in season but also offers several kinds of applesauce, dried apples (naked or dipped in caramel and chocolate) and a prize-winning Smoked Apple Butter that gets a kick from jalapeño.



the best apple for a salad. Great for cooking.

#### **Chris's Pick: Ginger Gold**

**AVAILABLE:** It begins bearing

fruit in August on the East Coast, sometimes as early as July in California, and it's available through September.

**BACKGROUND:** It originated in





Virginia in the 1960s. Possible parents are the Golden Delicious and the Aldemarle 'ippin.

**FLAVOR, TEXTURE:** Highly flavored, sweet and mildly tart, with soft yellow skin and cream-colored flesh.

**SES:** Best eaten fresh.

#### Michael's Pick:

##### Macintosh

**AVAILABLE:** Mid-September through October.

**BACKGROUND:** The Macintosh apple was developed in Ontario,



Canada, in 1798. It's grown in the Northern New England region but can now be found anywhere in the U.S.

**FLAVOR/TEXTURE:** It has a distinct, perfume-like aroma. The flesh is firm, juicy and white.

**USES:** It is an all-purpose apple, great for eating fresh, cooking, cider or juice.

#### Chris's Pick: Gravenstein

**AVAILABLE:** Late August through October.

**BACKGROUND:** It originated in



Italy in the early 1600s and was introduced to the U.S. in the late 1700s. It thrives in Sonoma County, California; in the 1970s, Sonoma County was the Gravenstein capital of the world.

**FLAVOR/TEXTURE:** Crisp and juicy with a nice tart bite to it. The skin is yellowish-orange with red striations and pale

yellow flesh.

**USES:** It's super versatile. By the early 1900s, thousands of Gravenstein orchards were established, and the apple had become the heart of a major industry in Sonoma County, as dryers, canners, apple cider and apple brandy producers took advantage of its suitability for processing. During World War II, American troops were provided with applesauce and dried apples from Sebastopol Gravensteins, and this made the apple into an icon for the town.

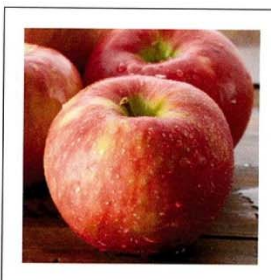
#### Bob's and Chris's

##### Pick: Honeycrisp

**AVAILABLE:** September and October.

**BACKGROUND:** This hybrid of the Macoun and the Honeygold was developed in the 1970s at the University of Minnesota. It thrives in the hot summers and cold winters of the Midwest.

**FLAVOR:** Chris says it has a super-sweet, round apple flavor with a punch of tartness. Bob adds that its unique flavor is



very pleasing to the palate with the combination of sweetness and tartness/tanginess.

**TEXTURE:** Its skin is red mottled on a light-green background, and its flesh is very firm with a great snap to it. It's juicy, with white to yellowish flesh that's very creamy.

**USES:** Excellent for snacking, in salads and sliced with almond butter, according to Chris. It

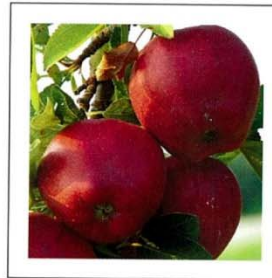
also keeps very well.

#### Bob's Pick: Jonathan

**AVAILABLE:** September and October.

**FLAVOR:** Delicious, sweet/tart, with a bit of a tang.

**TEXTURE:** Crisp, firm, with white, tender flesh.



**USES:** It combines well with other apples, fruits and mixed greens, so it's excellent for salads. It also can be very good for cooking and baking, especially apple pie.

#### Chris's Pick: Gold Rush

**AVAILABLE:** October through November in the Midwest.

**BACKGROUND:** It's a Purdue, Rutgers, Illinois Co-Op hybrid with a Golden Delicious heritage created in the early 1990s.

**FLAVOR:** A nice honey-sweet flavor with a mild tartness,



slightly acidic.

**TEXTURE/FLESH:** The skin is a light greenish-yellow with white flesh. It is a very firm and crunchy pomme fruit, with a nice creamy, smooth texture.

### Apple Tips

- **SELECTION:** Choose apples that feel firm, smell good and don't have any breaks in the skin or bruises.
- **STORAGE:** "Keep apples in the coldest part of the refrigerator," says "Farmer Bob" Helmer. While we've seen numerous references to freezing apples, Bob cautions against it: "You cannot freeze apples; they turn brown and collapse when they thaw." Applesauce, on the other hand, freezes well.
- **TO PREVENT BROWNING:** The U.S. Apple Association says to coat sliced or diced apples with Vitamin C-fortified apple juice or with a mixture of one part lemon juice and three parts water.
- **BAKING:** "Combinations of apple types will bring out each other's flavors for baking," according to Michael Smolak.

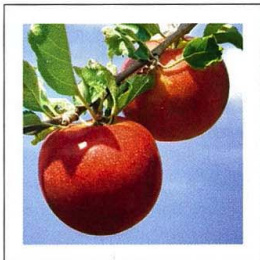


**USES:** Great for snacking, pies and juice.

**Chris and Michael's Pick: Macoun**

**AVAILABLE:** Starting mid-September and on through December in some regions.

**BACKGROUND:** It originated in Geneva, New York, as a cross



between the Macintosh and the Jersey Black.

**FLAVOR/TEXTURE:** It's highly aromatic, sweet and has a hint of berry flavor. The dark red skin has a purplish blush, and it has snow-white flesh.

**USES:** Tastes great fresh out of hand—in fact, while it's an excellent all-purpose apple, Michael says it's best eaten fresh.

**Michael's Pick: Mutsu/Crispin**

**AVAILABLE:** Mid-September through October.



**BACKGROUND:** Known as Mutsu in its native Japan, Crispin looks like a large Golden Delicious, and indeed one of its parents is Golden

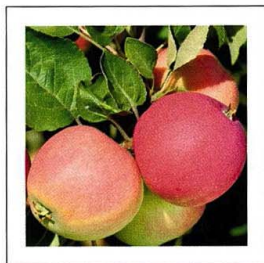
Delicious.

**FLAVOR:** Lovely sweet, honeyed flavor.

**USES:** Great for snacking.

**Bob's Pick: Pink Lady**

**AVAILABLE:** October



**FLAVOR/TEXTURE:** Sweet, high flavor, unique, tempting. People take one bite and immediately want another. Crisp, firm.

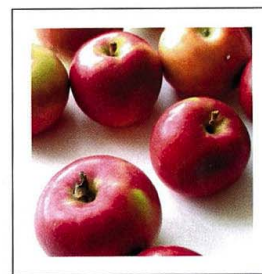
Slightly dry, creamy white flesh. **USES:** Goes great with other fruits, including strawberries, mangos and pineapples. Often used for cooking and baking.

**Michael's Pick:**

**Rogers Red Macintosh**

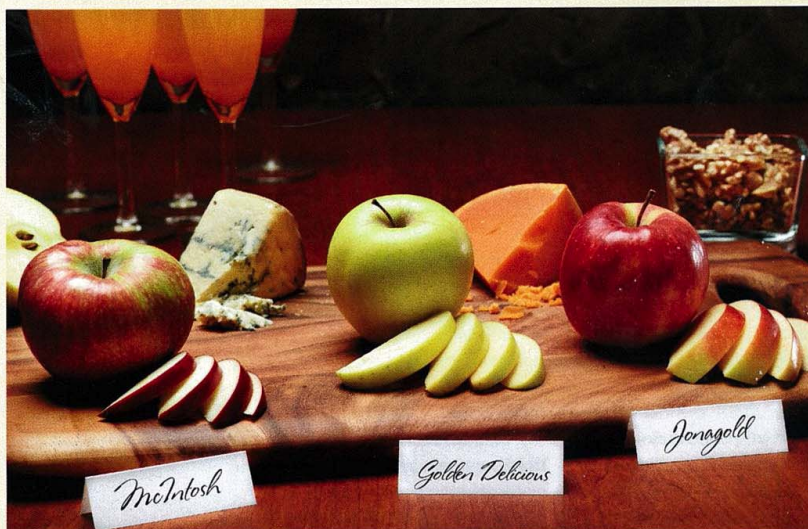
**AVAILABLE:** Mid-September through October.

**FLAVOR/TEXTURE:** A variety of the Macintosh apple, the Rogers Red Macintosh has a more blush flesh. It is firm and very



sweet and juicy at the height of its flavor.

**USES:** An all-purpose apple, great for eating fresh, cooking, cider or juice. It makes great applesauce with a beautiful pink color.



**Pairing Apples & Cheese**

Home entertaining expert Domenica Marchetti ([www.domenicacooks.com](http://www.domenicacooks.com)), author of *Big Night In* and *The Glorious Pasta of Italy*, suggests these delicious apple-and-cheese pairings:

- A robust, creamy-crumbly aged cheddar such as Fiscalini bandaged cheddar paired with a crisp, sweet-tart apple, such as Honeycrisp.
- A gorgeous blue cheese such as Achelse Blauwe from Belgium (or spicy Mountain Gorgonzola from Italy) with a tart apple such as Granny Smith or Newtown Pippin or perhaps

the sweet-tart Pink Lady.

➤ Chaource or another rich triple-crème cheese with a lightly flavored sweet apple such as Golden Delicious or Gala.

➤ For a quick, easy and elegant appetizer, Domenica recommends that you top very thin slices of imported Prosciutto di Parma with paper-thin slices of unpeeled apple such as a sweet, crisp Fuji or a sweet-tart variety like Cameo or Pink Lady. Then scatter shavings of Parmigiano-Reggiano cheese over the apple, a few drops of walnut oil and freshly ground black pepper.





## Michele Anna Jordan's GRAVENSTEIN APPLE TART

YIELDS 6-8 SERVINGS

After 12 years as an award-winning chef, Michele Anna Jordan ([www.micheleannajordan.com](http://www.micheleannajordan.com)) shifted her focus to her first love: writing. She has now authored 18 books and has served as a restaurant critic for numerous publications, including the *San Francisco Chronicle*. Michele also writes a blog called "Eat This Now" ([www.pantry.blogs.pressdemocrat.com](http://www.pantry.blogs.pressdemocrat.com)). This easy and visually appealing tart recipe is adapted from her book *The New Cook's Tour of Sonoma*.

- 1 cup all-purpose flour, plus more for rolling out dough
- ½ teaspoon, plus ½ teaspoon salt
- ½ cup (1 stick) unsalted butter, cut into pieces and chilled
- 4 tablespoons ice water, plus more cold water for apples
- Juice of 1 lemon
- 3 to 4 apples, preferably Gravensteins
- 3 tablespoons unsalted butter, melted
- 3 tablespoons sugar
- ½ teaspoon ground

cinnamon

- 3 tablespoons currant jelly, apricot jam or hot red pepper jam or jelly, warmed

**1** | To make the crust: Put the flour and ½ teaspoon of the salt in a medium-size bowl, add the butter and use your fingers (or a pastry cutter) to work the butter into the flour to form an evenly crumbly mixture; work quickly to keep the butter cold. Add 3 tablespoons of the ice water and mix together quickly with your fingers or a fork. Do not overwork the dough; sprinkle with the remaining ice water if it seems too dry. Gather the dough into a ball, wrap it in plastic wrap and refrigerate for an hour.

**2** | Meanwhile, half-fill a medium-size bowl with cold water and the lemon juice. Peel the apples, cut them in quarters through their cores and use a sharp knife to remove the cores and ends. Drop the peeled apple quarters into the acidulated water so that they do not brown. Cut each quarter apple into very thin (no thicker than ⅛ inch; ⅛ is better) lengthwise slices and return to the water.

**3** | To assemble the tart: Preheat the oven to 375°F. Flour a countertop and roll out

the dough so that it forms a circle about ⅛-inch thick and 10 to 11 inches in diameter. Carefully transfer it to a baking sheet. Fold in the outer edge to form a ½-inch rim and use the tines of a fork to press the rim into place. Prick the tart in several places.

**4** | Drain the apples and set them on a tea towel to absorb excess water. Arrange the apple slices in a circle, overlapping them slightly near the outer rim of the dough. Continue adding apples in concentric circles that overlap each other until you reach the center of the tart.

**5** | Melt the butter. Use a pastry brush to coat the apples and the rim of dough with all of the melted butter.

**6** | In a small bowl, combine the sugar, cinnamon and remaining ½ teaspoon salt and sprinkle the mixture over the apples.

**7** | Bake the tart until the apples are tender and the crust is golden brown, about 40 to 45 minutes. Carefully transfer to a rack and cool for 5 minutes. Set the tart on a serving plate, brush the top of it with the warmed jelly, cut into wedges and serve immediately.

## Walter Bundy's HAM AND SHENANDOAH APPLE SALAD

YIELDS 2 SERVINGS

Chef Walter Bundy worked at The French Laundry in Yountville, California, before moving to Virginia to reopen Lemaire at the Jefferson Hotel ([www.jeffersonhotel.com](http://www.jeffersonhotel.com)) in Richmond in 2009—which *Esquire* magazine promptly dubbed a Best New Restau-

rant. "This is a great salad for the fall," Walter says. "It utilizes several local Virginia products that really capture the flavor of the season. The apples are from Virginia's Shenandoah Valley; the ham is a salt/sugar-cured ham from Jim Kite in Wolfstown, Virginia; and the peanuts are an extra-fancy peanut from Hubbard Peanut Company ("Hubs"), located in Sedley, Virginia. The honey is from Singers Glen, and we add a twist to it by smoking it, which creates a rich, autumnal taste. All the components work well together. The slightly salty but sweet ham, the characteristically crunchy peanuts, the crisp fall apples, the unique smoked sweet honey and the slightly bitter frisée lettuces are a magical combination. They truly showcase some of the finest Virginia products that are available in the fall."

- 2 large slices Kite's Country Ham

- 1 head frisée lettuce

- 1 Shenandoah Valley apple, cut into matchsticks

- 1 tablespoon chives, diced crosswise into tiny rounds
- White Balsamic Vinaigrette (see recipe)
- Salt and white pepper, to taste

- 1-2 tablespoons Smoked Virginia Honey, to taste (see Ingredient and Technique Tips)

- ¼ cup Hub's Virginia Peanuts, for garnish

- 1 ounce micro arugula
- Amaranth microgreens, for garnish (optional)

- 1** | Place the thinly sliced ham on a plate.