



Golden Apple Muffins with Caramel Glaze

- Barbara Linder

Muffins

- Muffins liners
- 1 medium Golden Delicious apple, peeled, cored, and quartered
- ½ cup granulated sugar
- ¼ cup light brown sugar, packed
- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 2 teaspoons baking soda
- 1/2 teaspoon plus 2 pinches salt
- 1/2 teaspoon ground cinnamon
- 1/4 cup chopped walnuts, toasted (omit if serving to children under 3 years old)
- 2 large eggs
- 1 cup milk, room temperature
- 1/2 cup (1 stick) unsalted butter, melted

Preheat oven to 400° degrees. Line a 12-cup standard muffin tin with muffins liners; set aside. Cut each quarter of the apple in to a 1/4-inch dice.

Whisk together sugar, flour, baking soda, salt, and cinnamon in a medium bowl. Add diced apple and walnuts, and toss to coat. Whisk together eggs, buttermilk, and butter in a small bowl. Make a well in the flour mixture and gently pour buttermilk mixture into flour mixture. Fold to combine. Divide batter among muffin cups, filling each about three-quarters full. Bake until muffins are brown around edges and spring back when touched, 16 to 18 minutes. Let muffins cool slightly, about 5 minutes, before turning out of tin onto a wire rack to cool. Top with Caramel Glaze.

Caramel Glaze

- 2 tablespoons unsalted butter
- 1/4 cup packed brown sugar
- 1 tablespoon milk

- 1/2 cup powdered sugar, sifted

In a small saucepan, combine the butter and brown sugar. Bring to a boil, then remove from the heat and let it sit for 5 minutes to cool. Whisk in the milk and powdered sugar. Drizzle over the muffins.

Braised Dutch Apple Cabbage

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- 6 Tablespoons unsalted butter
- 1 ½ teaspoons salt
- 2 medium Granny Smith apples (1 pound total) – peeled, cored, and cut into 1 ½ inch wedges.
- 1 large onion, peeled and cut into 1 ½ inch wedges
- 1 small red cabbage (1 ½ pounds), cored and cut into 1 ½ inch wedges
- ¾ cup apple cider vinegar
- ¾ cup apple cider
- ¼ t ground cloves
- ½ cup granulated white sugar

Melt butter in a medium stockpot or Dutch oven over medium-high heat. Add sugar and salt, and stir to dissolve. Add apples and onion in a single layer (or as close to a single layer, as possible). Turn to coat in butter mixture. Cook until sugar is beginning to caramelize and coat the apples and onions, about 10 minutes.

Add cabbage, vinegar, and cider. Bring to a boil and reduce to a simmer. Cover and let simmer for 25 to 30 minutes, until the cabbage is tender and the liquid is reduced to a syrup consistency. If necessary, remove the lid in the last 5 minutes of cooking to reduce the liquid. The apples should break down in the cooking process almost completely.

Transfer to a serving platter or bowl, and serve immediately. Pairs well with pork!