



The San Antonio Cooking School presents
An Envy Apple A Day
CM Cooking School Staff
January 16, 2019

Envy Apple & Blueberry Baked Oatmeal

*Envy Apple, Arugula, Fennel & Roasted Walnut
Salad*

Butternut Squash & Envy Apple Soup with Sage

*Sheet Pan Roasted, Fennel-crusting Pork Loin
with Envy Apples & Onions*

*Roasted Envy Apple & Pear Compote with
Candied Ginger*

La Villa
2017 Pinot Grigio
Italy

Canaletto
2016 Pinot Noir
Italy



Envy Apple & Blueberry Baked Oatmeal

Adapted from Heidi Swanson's Baked Oatmeal, Epicurious, September 24, 2015

Serves 6

Ingredients

2	cups rolled oats	1 ½	tablespoon unsalted butter, melted and cooled slightly plus more to butter the pan
1	cup walnuts, chopped	1	teaspoons vanilla bean paste
1	teaspoon baking powder	1	large envy apple, washed and roughly chopped
1 ½	teaspoons cinnamon	6	ounces blueberries
½	teaspoon fine-grain salt		
1/3	cup maple syrup		
2	cups milk		
1	large egg		

Instructions

1. Preheat the oven to 375°F.
2. Butter the inside of a square 8" baking dish.
3. In a bowl, combine the oats, half of the walnuts, the baking powder, cinnamon and salt. In another bowl, whisk together the maple syrup, milk, egg, the butter and the vanilla.
4. Spread the chopped apple pieces over the bottom of the buttered pan. Top with the oat mixture and drizzle the liquid mixture over the oats. Scatter the walnuts and the blueberries over the oats.
5. Bake for 35 – 45 minutes, until the top is golden and the oats are set.
6. Let cool for a few minutes and serve.

Fennel-Apple Salad with Walnuts

Melissa Clark Serves 10

Ingredients

3	tablespoons lemon juice, plus more	3	celery stalks, thinly sliced
	½ teaspoon fine sea salt, plus more	⅓	cup fennel fronds or parsley
	freshly ground black pepper	½	cup toasted walnuts
¼	cup extra-virgin olive oil		arugula
3	large fennel bulbs, thinly sliced	2 ½	ounces parmesan, shaved (about 2/3 cup)
2	Envy apples, halved, cored, sliced		

Instructions

1. In a small bowl, whisk together lemon juice, salt and pepper. Slowly drizzle in oil, continuously whisking, until dressing is emulsified. Taste and add more lemon juice and/or salt if needed.
2. In a large bowl, toss the dressing with fennel, apple and celery. Fold in fennel fronds or parsley and walnuts. Top with Parmesan just before serving.

Tip

Dressing can be made the day before serving. Store in the refrigerator. Toss with salad ingredients up to 1 hour before serving.



Sheet Pan-Roasted Fennel-Crusted Pork Loin with Envy Apples & Onions

Adapted from Food & Wine

Serves 8 – 10

Ingredients

For the Brine:

- ¼ cup honey
- 2 tablespoons black peppercorns
- 18 fresh bay leaves (1/3 ounce)
- 10 thyme sprigs
- 10 flat-leaf parsley sprigs
- 2 heads of garlic, halved horizontally
- 1 cup kosher salt
- 3 quarts cold water
- one 4-pound boneless pork loin, tied

For the Rub:

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|---|--|---|----------------------------|
| 2 | tablespoons fennel seeds, coarse chopped | 1 | teaspoon grated lemon zest |
| 1 | tablespoon red pepper flakes | ¼ | cup extra-virgin olive oil |
| 6 | garlic cloves, thinly sliced | 2 | tablespoons canola oil |
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- 2 medium envy apples, peeled, cored and cut into thick slices
 - 1 large yellow onion, cut in half then into thick slices
 - 1 tablespoon olive oil
 - salt and pepper to taste
 - ½ cup apple cider

Instructions

1. For the brine: In a medium saucepan, combine the honey, peppercorns, bay leaves, thyme, parsley, garlic and salt with 1 quart of the water and bring to a boil, stirring to dissolve the salt. Pour the brine into a large bowl and let cool. Add the remaining 2 quarts of cold water along with the pork and refrigerate overnight (12 to 18 hours). Drain and pat dry, picking off any seasonings.
2. For the rub: In a mini food processor or a mortar, combine the fennel seeds, red pepper, garlic, lemon zest and salt and process or pound to a paste. Stir in the olive oil. Rub half of the spice paste on the lean side of the pork and let stand at room temperature for 2 hours.
3. Preheat the oven to 350°.
4. Place the sliced onions and apples on a large rimmed baking sheet and toss with the olive oil, salt and pepper.
5. In a large cast iron skillet, heat the canola oil until shimmering. Add the pork fat side down and cook over moderately high heat until browned, about 5 minutes. Transfer the pork to the baking sheet, on top of the sliced apples and onions, fat side up, and slather with the remaining garlic paste. Deglaze the skillet with the apple cider, scrape the bottom of the pan, and pour this over the apples & onions.
6. Roast the pork for about 1 hour, until an instant-read thermometer inserted in the thickest part registers 140° to 145°. Check occasionally; if the apple/onion mixture seems dry add a little cider or water to the pan.
7. Let rest for 20 minutes before slicing. Remove and discard the string. Serve warm with the roasted apples and onions.



Roasted Apple and Pear Compote with Candied Ginger

From Martha Rose Shulman

Serves 6

This comforting compote should be served warm. If you do want a little indulgence, add a dollop of crème fraîche to each serving.

Ingredients

- 4 Envy apples, peeled, cored and cut into sixths
- 3 ripe but firm pears, peeled, cored and cut into sixths
- 2 tablespoons freshly squeezed lemon juice (more to taste)
- 1 cup apple juice
- a handful of golden raisins
- 2 tablespoons chopped candied ginger
- 2 tablespoons agave syrup
- ¼ - ½ teaspoon ground cinnamon (to taste)
- ½ teaspoon freshly grated nutmeg
- 1 tablespoon whisky

Instructions

1. Preheat the oven to 375°. Butter a baking dish large enough to accommodate all of the fruit. Fill a bowl with water and add 1 tablespoon of the lemon juice. As you prepare the pears, put them into the water. When all of the fruit is peeled and sliced, drain and toss with the remaining lemon juice in the baking dish.
2. Combine the apple juice, raisins, ginger, agave syrup, cinnamon, nutmeg and whisky in a small saucepan, and bring to a simmer. Remove from the heat and pour over the fruit.
3. Place in the oven and bake 1 to 1 1/2 hours until the fruit is very soft. Stir gently every 10 to 15 minutes to keep all the fruit moist.
4. Serve warm.

Tip

Advance preparation: You can make this a few hours ahead and reheat. The leftovers are great with yogurt



Butternut Squash & Envy Apple Soup with Sage

Adapted from Chowhound

Makes 6 – 8 servings

Ingredients

- 4 pounds whole butternut squash (about 2 medium), halved lengthwise and seeds removed
- 2 tablespoon unsalted butter (1/4 stick)
- 1 medium Envy apple (about 8 ounces)
- 1/2 medium yellow onion
- 8 fresh sage leaves, plus more for garnish, if desired
- 2 1/2 cups low-sodium vegetable or chicken broth
- 2 1/2 cups water
- 1 1/2 teaspoons kosher salt, plus more as needed
- 1/2 teaspoon freshly ground black pepper
- 1/3 cup heavy cream
- 1/2 cup toasted pumpkin seeds, for garnish

INSTRUCTIONS

1. Heat the oven to 425°F and arrange a rack in the middle.
2. Line a baking sheet with aluminum foil. Place the squash pieces cut side up on the baking sheet. Melt 1 tablespoon of the butter and brush all of it over the tops and insides of the squash halves. Season generously with salt and pepper. Roast until knife tender, 50 minutes to an hour.
3. Meanwhile, peel, core and cut the apple into a medium dice. Cut the onion into a medium dice. Melt the remaining tablespoon of butter in a large saucepan or Dutch oven over medium heat. Add the apple, onion and sage, season with salt and pepper and cook, stirring occasionally, until softened, about 7 minutes. Remove the pan from the heat and set aside.
4. When the squash is ready, set the baking sheet on a wire rack until the squash is cool enough to handle. Using a large spoon, scoop the flesh into the saucepan with the sautéed apples and onions; discard the squash skins.
5. Add the broth, water and measured salt and pepper, stir to combine and bring to a boil over medium-high heat. Reduce the heat to medium low and simmer, stirring occasionally and breaking up any large pieces of squash, until the flavors meld, about 15 minutes. Remove the pan from the heat and stir in the cream.
6. Using a blender, puree the soup in batches until smooth, removing the small cap (the pour lid) from the blender lid and covering the space with a kitchen towel. This allows the steam to escape and prevents the blender lid from popping off. Alternatively, use an immersion blender. Taste and season with salt and pepper as needed.
7. Serve garnished with fried sage leaves and toasted pumpkin seeds.

