

Cooking with Apples

Sweet and Savoury Recipes for Fall



Crosby's

Table of Contents

Apple Gingerbread 1

Apple Spice Muffin Cake 2

Apple Cake with Molasses Cider Glaze 3

Whole Wheat Applesauce Cake 4

Apple Cranberry Crisp 5

Apple Dumplings in Sticky Molasses Toffee Sauce 6

Cranberry Sauce with Apple 7

Chicken with Molasses-cider Pan Sauce and Sautéed Apples 8

Pork Chops with Sauteed Apples and Molasses Cider Glaze 9

Cider-glazed Roasted Root Vegetables 10, 11

Substitutes & Measuring Equivalents 12



Apple gingerbread

<i>½ cup oil</i>	<i>½ cup Crosby's Fancy Molasses</i>
<i>2 cups flour</i>	<i>½ cup brown sugar</i>
<i>1 ½ tsp baking soda</i>	<i>1 egg</i>
<i>1 tsp ginger</i>	<i>1 tsp vanilla</i>
<i>1 tsp cinnamon</i>	<i>½ cup boiling water</i>
<i>½ tsp cloves</i>	<i>4 tart apples peeled and cut into</i>
<i>½ tsp salt</i>	<i>½ inch chunks</i>

- In a medium bowl whisk the flour, baking soda, ginger, cinnamon, cloves, and salt.
- In another bowl whisk oil, molasses, brown sugar, egg, vanilla and ½ cup boiling water.
- Add the flour mixture and stir just until combined. Gently fold in the apples.
- Scrape batter into a greased and floured 9" round cake pan.
- Bake at 350°F for 45 minutes (or until a tester comes out clean)
- Best eaten on the day it's made.



Apple Spice Muffin Cake

<i>2/3 cup sugar (can be reduce to 1/2 cup)</i>	<i>1/4 tsp salt</i>
<i>1 cup unsweetened applesauce (make your own from local apples)</i>	<i>3/4 tsp baking soda</i>
<i>1/3 cup Crosby's Fancy Molasses</i>	<i>1 tsp cinnamon</i>
<i>2 eggs well beaten</i>	<i>1/2 tsp nutmeg</i>
<i>1/2 cup soft butter</i>	<i>2 cups flour (stone ground spelt or whole white, if you have it)</i>

- In one bowl place sifted dry ingredients.
- In another bowl beat applesauce, molasses, eggs, and soft butter.
- Combine wet and dry ingredients.
- Beat well by hand or with an electric beater for 3 minutes.
- Pour into greased and floured 9" round or square cake pan and bake at 350°F for 30-35 minutes, until a tester comes out clean.
- Cool 10 minutes then remove from pan to finish cooking.
- To serve, dust with icing sugar and cut into wedges.



Apple Cake with Molasses Cider Glaze

<i>1 1/2 cups flour</i>	<i>1/4 cup applesauce</i>
<i>1/2 tsp baking soda</i>	<i>1 tsp vanilla</i>
<i>1 tsp cinnamon</i>	<i>1 1/2 cups peeled apples cut into 1" dice</i>
<i>1/2 tsp nutmeg</i>	<i>1/2 cup walnut pieces</i>
<i>1/4 tsp salt</i>	<i>Glaze:</i>
<i>1/2 cup oil</i>	<i>2 Tbsp Crosby's Fancy Molasses</i>
<i>3/4 cup sugar</i>	<i>1 tbs cider</i>
<i>2 eggs</i>	<i>1 tbs butter</i>

For cake:

- In one bowl, sift flour, baking soda, spices and salt.
- In another bowl whisk oil and sugar. Whisk in eggs, one at a time.
- Whisk in applesauce and vanilla.
- Add flour mixture, stirring just until combined. (One tip: take care not to overwork the batter.)
- Stir in apples and walnuts.
- Scrape into a greased 8" baking pan. (Lining the bottom with parchment paper will make for extra easy removal.)
- Bake 40-45 minutes at 325°F.

For glaze:

- Bring ingredient to a gentle boil, and stir for one minute.
- While cake is still warm remove from pan and place on a cooling rack. Poke holes in the cake with a skewer. Brush glaze over warm cake.
- Serve warm drizzled with any leftover glaze.



Whole Wheat Applesauce Cake

(adapted from Martha Stewart Everyday Food)

3 cups flour (½ whole wheat or spelt)	1 cup butter, softened
2 tsp baking soda	2 cups packed light brown sugar
1 tsp salt	¼ cup Crosby's Fancy Molasses
1 ½ tsp cinnamon	2 eggs
1 ¼ tsp cardamom	2 cups applesauce

- In a large bowl whisk together flour, baking soda, salt and spices.
- In another bowl beat butter, brown sugar and molasses until fluffy.
- Add eggs, one at a time.
- Gradually add flour mixture, beating just until combined.
- Blend in applesauce.
- Spoon into a 9 inch tube pan that has been greased and floured.
- Smooth the top.
- Bake at 350°F for 50 min to an hour, until the cake is pulling away from the side of the pan and a tester comes out clean.
- Run a knife around the edge of the cake to loosen it from the pan.
- Cool on a rack for 10 minutes then remove from the pan.
- Cool completely before serving, if you can wait that long.



Apple Cranberry Crisp

Filling:

5-6 apples, peeled and sliced
 ½ cup cranberries (fresh or frozen)
 ½ cup Crosby's Fancy Molasses
 ½ tsp cinnamon
 1 Tbsp butter for dabbing

Topping:

1 cup flour
 1 cup rolled oats
 ½ cup brown sugar
 ½ cup butter, softened

For the filling:

- Place the apples and cranberries in a medium casserole dish.
- Pour over the molasses, sprinkle with cinnamon and dab with the butter.

For the topping:

- Combine the flour, rolled oats and brown sugar.
- Add butter and mix together into a crumble.
- Sprinkle the crumble mixture over the apples.
- Bake at 375°F for about 35 minutes, until apples are soft.
- Serve hot or warm.



Apple Dumplings in Sticky Molasses Toffee Sauce

For the pastry:

2 cups flour
(I use half whole wheat pastry flour)
½ tsp salt
1 cup cold butter, cubed
⅓ to ½ cup ice water

For the apples:

8 medium apples, peeled and cored

8 tsp butter (divided)
Cinnamon sugar (2 tsp cinnamon
mixed with 7 tsp sugar)

For the sauce:

1 cup Crosby's Fancy Molasses
⅔ cup cider
½ cup butter
½ cup brown sugar

To make the pastry: Place the flour and salt in a food processor and pulse to combine.

- Add the cubed butter and pulse until butter is chopped into pea-sized pieces.
- Add the water (beginning with 1/3 cup) and pulse until dough begins to come together. Add more water if necessary.
- Scrape dough onto the counter and gather into a ball. Pat into a disk and refrigerate for at least 30 minutes.

To make the sauce: Combine all ingredients in a pot and warm until butter has melted and sugar is dissolved.

To assemble: Line a 9"x13" pan with parchment paper.

- Cut dough into 8 pieces and roll each piece into a 7" square (it needn't be perfect.)
- Plunk an apple in the middle of the pastry square. Place a tsp. of butter in the core, followed by about one tsp. of cinnamon sugar.
- Wrap the pastry around the apple like you're wrapping a present, pinching dough together to seal.
- Place apples in the prepared pan. Drizzle with the sauce.
- Bake at 350°F for 45-50 minutes, until the apples feel soft-ish.
- Remove to plates, drizzle with pan sauces.

Cranberry Sauce with Apple

(adapted from The New York Times Cookbook)

1 pound of cranberries,
picked over and washed
1 ½ cups sugar
½ cup Crosby's Fancy Molasses

2 apples, peeled, cored and diced
½ tsp cinnamon
⅛ tsp allspice
⅛ tsp ground cloves

- In a medium pot combine the cranberries, sugar, molasses and apples.
- Cover and place on medium heat, stirring from time to time.
- Bring to a boil and cook for about 10 minutes, stirring often.
- Uncover, turn the heat down to a simmer and cook another 15 minutes.
- Stir in the spices.
- Mixture will thicken as it cools but cook it a little longer if you prefer a thicker sauce.
- Store in the refrigerator.
- This cranberry sauce will last for three months.



Chicken with Molasses-Cider Pan Sauce and Sautéed Apples

Serves 4

<i>Cooked chicken pieces for four</i>	<i>2 tsp cider vinegar</i>
<i>½ cup cider</i>	<i>2 tsp Dijon mustard</i>
<i>½ cup Crosby's Fancy Molasses</i>	<i>3 tart apples, peeled, cored and sliced into 8-10 wedges each</i>
<i>1 tsp dried thyme or 3-5 sprigs of fresh thyme (could use sage instead)</i>	

- In a good-sized sauté pan over medium heat, whisk together cider and molasses.
- Whisk in the vinegar and mustard.
- Add the thyme (or sage).
- Add the sliced apples in a single layer and let cook as the syrup thickens.
- Flip the apples and continue cooking until they're tender.
- When the apples are ready, plate the chicken and spoon over the sauce and apples.

Pork Chops with Sautéed Apples and Molasses Cider Glaze

<i>4 pork chops (or pork tenderloin slices)</i>	<i>1 tsp dried thyme or 3-5 sprigs of fresh thyme</i>
<i>Salt & pepper to taste</i>	<i>2 tsp cider vinegar</i>
<i>1-2 Tbsp olive oil (can use half butter)</i>	<i>2 tsp Dijon mustard</i>
<i>½ cup cider</i>	<i>3 tart apples, peeled, cored and sliced into 8-10 wedges each</i>
<i>½ cup Crosby's Fancy Molasses</i>	

- Pat chops dry, season with salt and pepper.
- In a good-sized sauté pan over medium, heat oil until it shimmers then add the pork chops.
- Cook 2-3 minutes each side until cooked through. (Take care not to overcook.)
- Remove chops to a plate and cover loosely with foil to keep warm.
- Add cider and molasses to the same pan, whisking to incorporate the pan juices and scrape up all of the tasty bits.
- Whisk in the vinegar and mustard. Add the thyme.
- Add the sliced apples in a single layer and let cook as the syrup thickens.
- Flip the apples and continue cooking until they're tender.
- When the apples are ready plate the pork chops and spoon over the sauce and apples.



Cider-glazed Roasted Root Vegetables

(adapted from A Periodic Table)

To make the glaze:

- Combe apple cider and brown sugar in a small saucepan over medium high heat and simmer until it reduces to about 1/2 cup (15-20 minutes). Be careful not to overdo it.
- Remove from heat, add the molasses. Set aside.

Roast your veggies and apples:

- Place your choice of root vegetables, along with the apples, onion, garlic and herbs, into a large bowl and toss with 2-3 tablespoons of olive oil.
- Turn your mixture out onto a large baking sheet or pan lined with parchment paper.
- Season with salt and pepper
- Rub the inside of the squash, and the flesh side of the “lid”, with olive oil and season with salt and pepper.
- Place it on a baking sheet, flesh side down.
- Put both pans in the oven and roast at 400°F until tender and starting to brown a bit. About 25-35 minutes.
- (Toss the chopped veggies every 10 minutes or so)

Toast your pumpkin seeds:

- Melt the butter in a small pan over medium heat.
- Add pumpkin seeds to the pan and toss with the butter.
- Toast gently until they start to pop, stirring them around in the pan to ensue nothing burns or browns too much.
- To assemble your squash bowl:
- Place roasted quash on a warmed serving platter and fill with the roasted root vegetables.
- Pile extra roasted vegetables alongside the squash.
- Pour over the cider glaze and sprinkle with the roasted pumpkin seed cranberry mixture.
- To serve, slice squash into 4-6 wedges and plate, scooping up some extra root vegetables.

For the cider glaze:

- 2 ½ cups apple cider (or apple juice)
- 1 Tbsp brown sugar
- 2 Tbsp Crosby’s Fancy Molasses

For the vegetables:

- 1 medium-sized buttercup squash, top third cut off, and seeds removed
- 4-6 cups of root vegetables, cut into one-inch dice (a mixture of carrots, parsnips, turnip, rutabaga, sweet potato, beets)
- 1 red onion, sliced
- 2 firm, tart apples, peeled and diced

- 4-5 cloves of garlic, peeled and roughly chopped
- Handful of fresh sage or thyme
- 3 Tbsp olive oil
- Sea salt & pepper to taste

For the cranberry pumpkin seed sprinkle:

- 2 teaspoons butter
- ⅔ cup pumpkin seeds
- pinch kosher salt
- pinch chili powder
- ½ cup dried cranberries

Substitutes

Sour Milk - Fresh Milk

For 1 cup, place 1 tablespoon lemon juice or vinegar in bottom of a measuring cup. Add enough milk to make 1 cup. Stir and let mixture curdle, about 5 min.

Cocoa - Chocolate

One square (1 ounce) of chocolate equals three tablespoons of cocoa and one tablespoon of butter.

Brown Sugar

Light brown sugar: combine 1 cup white sugar with 1 Tbsp molasses
Dark brown sugar: combine 1 cup white sugar with 3 Tbsp molasses

Molasses

One cup of molasses equals 3/4 cup of sugar. In baking, decrease liquid by 1/4 cup for each cup of molasses. Omit any baking powder and add 1/2 teaspoon of baking soda.

Baking Powder

One teaspoon of baking powder equals 1/4 teaspoon of baking soda plus 3/8 teaspoon of cream of tartar.

Powdered Milk - Fresh Milk

One cup fresh milk equals four tablespoons powdered milk and one cup of water. When powdered milk is to be used, it is convenient to combine it with flour and other dry ingredients and then add the required quantity of water at the point where the use of fresh milk is called for.

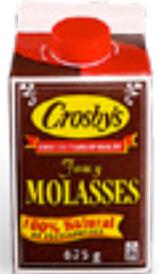
Measuring Equivalents

1 tablespoon = 3 teaspoons	1 kg = 2.2 lbs
2 tablespoons = 1 ounce	1 cup = 1/2 pint
16 tablespoons = 1 cup	1 teaspoon = 5 ml
1 cup = 8 ounces	1 tablespoon = 15 ml
1 cup = 250 ml	1 litre = 35 ounces

More About Molasses

Fancy Molasses

The highest grade of molasses available, fancy molasses is the pure juice of the sugar cane, condensed, inverted and purified. It is 100% natural and contains no additives or preservatives. It is lighter in colour than the other molasses products, and the flavour is tangy sweet. All the recipes in this cook book are made with fancy molasses.



Cooking Molasses

Cooking molasses is a blend of blackstrap and fancy molasses. It is thicker and darker than fancy molasses – less sweet, with a more “full-flavoured” taste. Any product made with cooking molasses will have a much more robust “molasses” flavour than if fancy molasses is used.



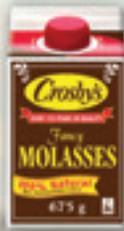
Blackstrap Molasses

Blackstrap molasses is the highly-concentrated, final by-product of the refined sugar manufacturing process. As the sugar crystallizes, the residual cane juice thickens into a dark mass and is separated out through a centrifuge. The resulting molasses is very dark with a robust, somewhat bitter flavour. Like fancy molasses, it is a pure product and contains no added sulphates or sulphites. Blackstrap molasses is recognized for its health benefits and is an excellent source of many minerals and nutrients including iron, magnesium and calcium.



We Don't Add Sulfur

Sulphur dioxide and/or sulfites used to be added to molasses as a preservative or bleaching agent and causes an unpleasant aftertaste. Crosby's does not add sulphur to any of our products.



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on molasses visit www.crosbys.com.

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