

Flavour of the month : fresh apples / Restaurant Associates.

Contributors

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Flavour of
the month
fresh apples

The Restaurant Associates Apple Flavour of the Month offers our guests the opportunity to purchase peak seasonal apples and dishes prepared with them.

History of Apples

Ever since Adam bit into the fruit of the Tree of Knowledge, apples have been the stuff of myth & legend. Apples have been eaten since prehistoric times, when only wild crab apples existed.

The Romans were the first people to cultivate apples. By the first century AD they were growing at least a dozen varieties throughout the Roman Empire.

Pilgrim Fathers introduced apples to the New World by planting pips they had taken with them from England.

In the eighteenth-century John Chapman (alias Johnny Appleseed) planted apple orchards across about 10,000 square miles of North America using discarded pips from Cider making plants.

The nineteenth-century produced the most famous of all apple growers: English nurseryman Thomas Laxton. He, with his sons, hybridised hundreds of varieties, many of which still exist.

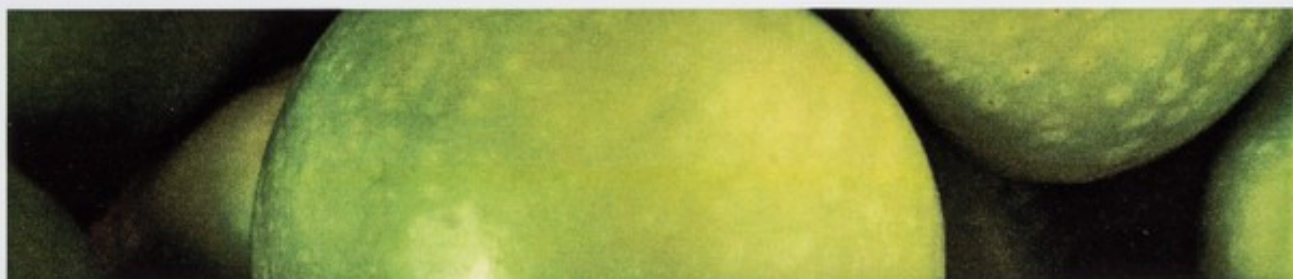
General Information

The most popular of all fruits, apples are also extremely versatile; an ideal convenient & nutritious raw snack or as a delicious ingredient in a variety of juices, soups, sauces, salads, hot & cold desserts and compotes.

Apples come in many shapes & sizes from small crab to large cooking varieties. Colours range from bright shiny red through vivid greens, yellows & pale creamy white to golden russet.

Apples continue to ripen after they have been picked, so their colour & texture may change during storage. To store keep in a cool, dry and dark place and check regularly to ensure none have started to rot, bad fruit will taint all the others.

Apple juice, cider & brandies are the main drinks made from apples. Juice is made by crushing dessert apples, the best is pressed from single varieties such as Cox's Orange Pippin or Russet.



Cider varies depending on the fruit or pressing techniques use. Cider can range from sweet and gassy to cloudy and flat. Brandy is made from fermented and distilled apple juice, the best being Calvados from Normandy, which is double distilled & aged in oak.

Nutritional Information

Apples are a highly nutritious & cleansing fruit as well as a good source of Vitamins A & B1.

Apples are rich in potassium, calcium, phosphorus & sodium and the bioflavonoid quercetin.

Apples boost immunity & stimulate the appetite.

Apple juice is very cleansing for the liver & gall bladder.

A Cornell University study showed that apple extracts could significantly reduce the risk of colon cancer. They contain malic & tartaric acids, which inhibit gastric fermentation & bacteria proliferation in the digestive tract.

'An apple a day keeps the doctor...'

Facts & Figures

An average apple weighs 140g and contains approximately 80 calories and 5g of dietary fibre.

With over 7,000 named varieties of apples only about a dozen are readily available in the shops. Nurseries can supply many more to those wishing to grow apples in their garden.

Granny Smith apples were first cultivated in Australia in the 20th century by Maria Smith in her garden in Sydney.

In 1997 the Howgate Wonder (cooking apple) achieved a world record with a specimen weighing 1.6kg.

English Apples

During the month of October, an exclusive selection of Apples will be available to you through Restaurant Associates. They're from the National Apple Collection at Brogdale, Kent. Most of the apples are Old English, like Pitmaston, Pineapple, Blushing Bold and Egremont Russets.





Recipe Suggestion

BY ANDY ASTON

Restaurant Associates
Andy Aston

SUPERVISING CHEF
RESTAURANT ASSOCIATES

Normandy Guinea Fowl

Serves 2

Ingredients

- 6 Cox, Braeburn or other crisp, juicy eating apples
- 50g butter
- 150ml cider
- 1 guinea fowl or four skinned chicken thighs
- Salt & freshly ground black pepper
- 1 tbsp calvados, brandy or whisky
- 100ml double cream or full fat crème fraiche

Method

1. Preheat the oven to 180°C / gas 4.
2. Peel, quarter, core and thickly slice the apples. Melt half the butter in a heavy casserole over a medium heat. Add the apples and cider, cover, and cook briskly for 10 minutes. Remove the lid and boil for 5 minutes to concentrate the juices. The apples should be tender but not overly wet.
3. If you're using guinea fowl, skin it and joint into four pieces, trimming away any fat. Melt the remaining butter in a frying pan, season the guinea fowl or chicken and brown briefly. Bury the meat in the apples. Tuck a piece of greaseproof paper over the pan contents to exclude air, and add the lid. Bake for 30 minutes.
4. Remove the meat from the dish and keep warm. Put the casserole, with the apples, over a medium heat and bring to the boil. Add the alcohol and, a couple of minutes later, the cream. Boil, stirring, to blend and reduce the sauce. Adjust the seasoning. Spoon most of the sauced apples onto a platter and top with the meat. Add the last of the apples, and serve.

Would you like to win a selection of 6 exclusive fresh apple juices from old English apples?*

These exclusive juices are unique as only 50 bottles per year are hand-pressed from each apple variety.

Simply answer the following question:

What type of apples are crushed to make juice?

Competition ends 31st October 2005 and winners will be drawn at Head Office. *Conditions Apply – for further details please email.

Please forward your answer via email to the address below.

Have you enjoyed the promotion?
Please let us know your thoughts in an email:
marketing@restaurantassociates.co.uk