

An apple a day

Enjoy fresh Ontario apples while they're in season.

by LYNN OGRYZLO

Fresh Ontario apples can be eaten right out-of-hand as a mid-day snack or prepared in literally hundreds of different ways.

Bushels of these shiny, red beauties can be found at farmers' markets at this time of year, just waiting for someone to turn them into warm, spicy baked goods. It's simply instinctive to think about freshly baked apple pies, apple blossoms and tart apple cider at this time of the year.

Apple pie is the benchmark by which all other apple desserts are measured. It seems that every family I know has that go-to person who's admired for

baking the best apple pies. Many make the traditional two-crust version, some are streusel topped, others claim their "mile high" apple pies are indisputably the best, and a few are loyal to their French-style apple tarts with seductively wafer thin apples layered circularly around the crust. Large families, like mine, make apple pies in large baking sheets and cut them into squares →



SEASONS RESTAURANT
134 Lakeshore Rd East, Oakville
T: 905.844.0676
seasonsrestaurant.ca

BRU GASTRO BAR & CRAFT BEER
138 Lakeshore Rd East, Oakville
T: 905.844.4400
brurestaurant.ca

MALUCA WINE BAR
142 Lakeshore Rd East, Oakville
T: 905.842.6111
malucarestaurant.ca

CORKS TAPAS BAR
305 Lakeshore Rd East, Oakville
T: 905.337.3777
corksrestaurant.ca



in an attempt (albeit futile) to have them last longer.

There's also "the mother of all apple pies": the ones with more apples and less crust. There is a woman I know who claims her apple pie is so high she has to carefully balance the apples in the shell before putting the crust on top.

If you're on a quest for the ultimate apple pie recipe, don't overlook all the other apple-packed temptations along the way. For example, if you're not very confident with your pastry-making skills or if you're just plain in a hurry, apple crisps, crumbles and brown betties are practically foolproof, and they'll give any fancy apple pie a run for its money in the flavour department.

All of these desserts start with juicy chunks of diced apples flavoured

with sugar, cinnamon and a few other optional spices like nutmeg and cloves. To make a crisp or a crumble, all it takes is a mixture of oats, butter, sugar and flour to make a mouthwatering topping that will turn deep brown and crunchy as the apples get soft and bubbly.

Serve an apple crisp, crumble or brown betty under a delicious scoop of vanilla ice cream or a healthy dollop of whipped cream. You can spoon apple crisp into small plastic containers; they make an easy and appreciated school lunchbox treat.

Choose your apples wisely. The most common choice for pies: Courtland, Northern Spy, Jonagold, Golden Delicious and Winsap. Some expert bakers claim their secret to an exquisite pie is to use a blend of different kinds of apples in one pie: Golden Delicious will hold their shape; Granny Smith adds a tart flavor, and for intensity choose Crispin, Winsap and Jonagold.

While there's no doubt our eyes widen with delight at the thought of enjoying apple baked goods, nothing beats the crisp taste of a juicy apple, just picked and ripe for eating. ¹¹



HOME STAGING
 HOME ORGANIZING
 & DECLUTTERING
 INTERIOR DECORATING
 ON A BUDGET

CONTACT: LESLEY WARDABLE
 (905) 399 - 5814
 wardable@cogeco.ca



GOLDEN COAST
FINE TEA DISCOVERY

Bubble Tea | Loose Leaf Tea | Tea Set
 Tea Ceremony | Tasting

278 Kerr Street, Oakville L6K3B3
 416-628-7828
 www.gc-tea.com



ROCK AND ROAD CYCLE

Voted **BEST BIKE SHOP**
by *Canadian Cyclist Magazine*

**GREAT
SELECTION OF
BACK TO SCHOOL
BIKES!**

**HONEST
DEPENDABLE
LOCAL**

“... Thank you for being so kind and generous. You gave a leg up to a truly deserving person today and that is **AWESOME!!!!** It doesn't get any better than Rock and Road!!!” ~ Mandy

Your *local* Full Service Bike Shop

2501 Guephn Line | 905-331-3755 | www.rockandroadcycle.com
www.facebook.com/RockandRoadCycle

ONTARIO APPLE GROWERS AND PICK-YOUR-OWN APPLE FARMS

Albion Orchards

14800 Innis Lake Road, Caledon
Offers Pick-Your-Own Apples
Open 7 Days A Week.

Wheelbarrow Orchards

8277 10th Side Road, Milton
Offers pick-your-own apples
Open 7 days a week.

Bennetts Apples & Cider

944 Garner Road East, Ancaster
Open 6 days a week.
Closed Sunday

Willis Family Fruit Farm

6063 Fifth Line, Milton
Open weekends only
(and holiday Mondays)
in September and October only

Brantview Orchards

255 Howell Road, St George
Open 7 days a week in
September and October only

Chudleighs

8501 Chudleigh Way, Milton
Offers pick-your-own apples
Open 7 days a week.

Lynn Ogryzlo is a food, wine and travel writer, international award winning author and regular contributor to Look Local Magazine. She can be reached for questions or comments at Lynnogryzlo.com.

Local Recipes

Bustrenco Italian Polenta & Apple Cake

his moist Italian dessert, filled with fruit and plenty of seasonal Ontario apples, is best served warm with a generous dollop of crème fraiche or vanilla gelato. It is perfect as an after dinner dessert, or served with your favourite espresso.



Bustrenco Italian Polenta & Apple Cake

INGREDIENTS

- A knob of butter
- 100 g dry polenta (or corn meal)
- 200 g plain flour - sifted
- 100 g stale breadcrumbs
- 100g caster sugar
- 500 ml milk
- 3 large eggs
- 100g runny honey
- 55 ml olive oil
- 100g dried figs, diced
- 100g sultana raisins
- 100g dried figs, diced
- 100g sultana raisins
- 500g Ontario apples, peeled, cored & chopped
- ½ teaspoon ground cinnamon
- Zest of 2 oranges
- Zest of 2 lemons
- 1 teaspoon salt

METHOD

- 1 Preheat oven to 350 degrees F. Butter a shallow 11" loose bottomed cake tin.
- 2 Mix the polenta, flour, breadcrumbs and sugar in a large bowl.
- 3 In a separate bowl, mix together the milk, eggs, honey and olive oil. Gradually add the wet mixture to the dry and stir well.
- 4 Add the figs, sultanas, apples, cinnamon, orange & lemon zest, and salt and stir again.
- 5 Pour the mixture into the cake tin and bake for 45 to 50 minutes. Keep an eye on it and cover with foil if the cake starts to brown around the edges. Before serving, sprinkle the top with caster sugar.

Prepared by

Ally

McPeterson

PiAZZA

BISTRO

94 George Street, Oakville
905-618-0255