

Warm Apple Fruit Topping



TIPS:

I. How to use this warm fresh fruit topping:
This fresh, fully flavorful and very quickly cooked warm apple fruit topping goes great right out of the pan as a side dish or on hot or cold cereal, waffles, pancakes, French toast, yogurt, or ice cream. Imagination is your only limit!

2. What if you don't have apples or don't like apples? No problem. This recipe, with its minimal ingredients and practical, easy preparation techniques, is what I call a “base”, or foundational, recipe that you can adjust very easily to meet your specific ingredient, personal flavor preferences and dietary needs. For example, instead of apple, you can use pear, plum or peach - or any other fruit. The instructions here showing how to prepare apples apply identically to the other choice of fruits mentioned above.

Preparation Time: 20-25 minutes

Ingredients

2-3 Apples (I'm using Honey Crisp apples here but any apples will work)

Fruit Juice (I'm using apple cider, but any fruit juice, like orange, apple, cranberry juice will work fine)

1 Tablespoon Butter

Dash of Salt

Shake of Ground Cinnamon

1-2 Tablespoons of Jam (I'm using fig jam but any jam will work)

1 Tablespoon Vanilla Extract



Equipment

Cutting Board

Small Sharp (Paring) Knife

Frying Pan

Tablespoon

Large Spoon



1. Give **2-3 apples** a hand-scrubbing rinse with cold tap water.



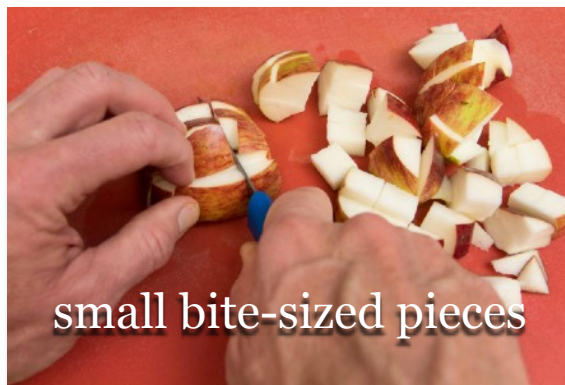
Cut the **apples** in half lengthwise, and cut **each apple half** in half lengthwise again into quarters.



Carefully remove the **core** from **each apple quarter**. Cut **each apple quarter** lengthwise into **2-3 slices**.



If needed (it was needed here), rotate the **sliced apple quarters** 90 degrees so that the **slices** are parallel with the cutting board, cut the **apple slices** in half lengthwise so that you make something that looks like apple matchsticks, and then cut the **slices** in cross section into **small bite-sized pieces**.



2. Put the frying pan on the stove, and turn on the burner to **MEDIUM** heat.



3. Check the frying pan for the proper cooking temperature by running cold tap water on your fingers and flicking the water onto the pan surface. The pan is warm enough to cook when the water evaporates with a sizzle. **NOTE:** If the water sizzles and evaporates into steam as soon as it hits the pan surface, remove the pan from the heat for a few minutes to let it cool. Turn down the burner heat a few notches. Then heat and

test the pan again. If the water doesn't sizzle at all, keep warming the pan.



4. When the pan is warm enough to cook, add **1/2 inch (12 mm) slab of butter** to the pan as shown. Then...



...lift the pan off the stove and roll your wrist to spread the **butter** back and forth and around the pan until...



...the pan surface is evenly coated as shown here.



5. Add the **chopped apples**,...



...about as much **salt** as shown here, and...



...shake an **even dusting of ground cinnamon** over the **fruit** in the pan as shown below.



6. Stir with a large spoon to mix the **apple, salt and cinnamon** together. Then...



...add a **small shot of fruit juice, a good shot (about 1 tablespoon) of vanilla extract** and **1-2 tablespoons of jam.**



7. Finish by stirring with a spoon every minute or so and cooking for another 2-3 minutes until what you have looks about...



...like this.



8. Use **the warmed apple topping** however you like. I'm using it here as a side dish with pork loin. First time I've ever tried that - terrific! And, of course,...



...had to add cheese (feta cheese).



9. Store leftover **apple topping**, once it has cooled, in a container and refrigerate for at least a week.

