

RECIPIES FOR GLEANED FRUIT

Recipes compiled and adapted by: Katarina Darnell



(Image credit: Emma Christensen)

INTRODCUTION TO GLEANING

Flagstaff, Arizona had an abundant apple season in the fall of 2018, with trees across the city weighed down with an incredible number of apples. With thousands of pounds of available fruit, it can be difficult to find a way to use all of them.

Have you gotten bored with your apple recipes? There is an abundance of crab apples, as well as smaller uncommon varieties in the Flagstaff area, and some traditional recipes may not transfer well to local fruit. This guide contains creative apple recipes for all types of apple varieties. Apples can vary widely in texture, moisture and sugar content. This guide contains ideas for apples that may not be suitable in traditional recipes. Baking times may vary depending on the size and texture of your apples; I recommend closely watching any cooked apples, and checking them frequently to prevent burning.

I hope this document will encourage the community to utilize public fruit, by gleaning, the act of collecting leftover produce that would otherwise go to waste. gleaning is a great opportunity to connect to the community, reduce food waste, and increase food equity.

In the spring of 2019, in an attempt to help combat the lack of quality produce available to those that are food insecure, improve food equity, reduce food waste, and bring the community together, our organization, The Community-University Public Inquiry Program partnered with Flagstaff Foodlink to create an interactive map of public fruit trees, specifically apple trees, in Flagstaff, Arizona. We built this map to encourage community gleaning and it is freely available to the community. If you are interested in gleaning your own apples, you can find our website [here](#), or attend an event hosted by [Flagstaff Foodlink](#).

Baked Apples

Try out this recipe for a tasty desert apple. Reminiscent of apple crisp, these apples pair well with ice cream. You can add your own additions, such as caramel, chocolate chips, chopped nuts, lemon zest, or anything you have lying around.

This recipe works well with larger apples, crab apples or smaller apples may not be suitable. Bake times may change depending on the variety of your apple. Increase time for larger, crisper apples, and decrease for smaller softer varieties.

Keep an eye on your apples; they are done when a knife pierces the flesh with little resistance. Crisper apples will retain more firmness when baked than softer apples.

Ingredients for four medium apples

- 4 medium apples
- 1/4 cup packed brown sugar
- 1/4 cup old-fashioned rolled oats
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 tablespoon salted butter, cut in 4 pieces
- 1 cup hot water



(Image credit: Emma Christensen)

Instructions

Preheat oven to 375 F. Core apples creating a pocket in the center. In a mixing bowl, add brown sugar, rolled oats, cinnamon, nutmeg and any other additions. Place apples in a baking dish, and add butter on top of each apple. Add water to the bottom of the dish and cover with aluminum foil. Uncover apples after 20 minutes, and continue baking for 10-30 more minutes. Bake time will depend on apple size and firmness.

Adapted from: Christensen, Emma. "Recipe: Baked Apples Stuffed with Oatmeal & Brown Sugar." *Kitchn*, Apartment Therapy, LLC., 26 Sept. 2013, www.thekitchn.com/recipe-baked-apples-stuffed-with-oatmeal-brown-sugar-75752.

Sweet and Crispy Apple Churros

Try out this recipe for a fun, fruity twist on a classic Churro. This recipe is perfect for gleaned apples and makes a perfect fall treat. Enjoy them on their own, with dipping sauces, or as a special topping on vanilla ice cream. However, you eat them, be sure to share with friends and family.

This is a great for all apple types, as the apples are drained using cheesecloth. Softer apples will return an apple-flavored batter, while crisper apples will retain their texture creating an apple-filled churro.

Ingredients for two large apples

- 2 large apples or 3-5 small apples
- 2 tbsp. lemon juice
- 2 tbsp. Sugar
- 2 tbsp. Cinnamon
- 2 tbsp. Brown Sugar
- ¼ cup butter
- ½ teaspoon salt
- 1 cup Water
- 1 ½ cups flour
- 3-5 Eggs
- Oil for frying

Other Supplies

- Cheese Grater
- Vegetable Peeler
- Cheese Cloth
- Pastry bag or Ziploc bag
- Churro piping tip

Instructions

Peel apples and place in a bowl filled with cool water and lemon juice to prevent browning. Grate apples using a cheese grater, combine with sugar and cinnamon and set aside. In a saucepan on medium heat, add brown sugar, butter, salt, and water and bring to a boil. Add flour and stir vigorously until incorporated, let cool. Using a cheesecloth, squeeze excess moisture out of apples. Add eggs one at a time into the cooled batter until it creates a triangle when dropped off the spoon. Gently mix apples into the batter. Spoon mixture into a piping bag or Ziploc with churro tip. (Pro tip- Place the bag in a glass for easier scooping). Heat oil until it sizzles when a drop of water is added. Slowly squeeze the dough out of a piping bag and cut at the desired length. Fry for 3-5 Minutes or until golden brown and crisp. Coat evenly in Cinnamon Sugar mixture. ENJOY!

Cinnamon Apple Chips

Apple chips are a super simple and healthy snack. They are low prep, but high reward recipe that last for weeks after you make them (store them in an airtight container), but I bet they'll be gone long before that.

This is an excellent recipe for all varieties of apple. If you have a mandolin, or if you don't I recommend acquiring one, these will take only a few minutes of prep time.

Ingredients for four medium apples

- Four medium apples
- ½ cup sugar
- 2 tablespoons cinnamon
- Pinch of salt

Instructions

Preheat oven to 225 F. Core apples with an apple corer or with a small knife. Slice apples thinly using a mandolin, or by hand with a sharp knife. Place apple slices on a baking sheet and sprinkle generously with cinnamon sugar, and a sprinkle of salt. Place in the oven for 1-2 hours or until the corners curl. Let cool completely and store in an airtight container.



(Photo credit: Carrie's Experimental Kitchen)

Slow Cooker Apple Sauce

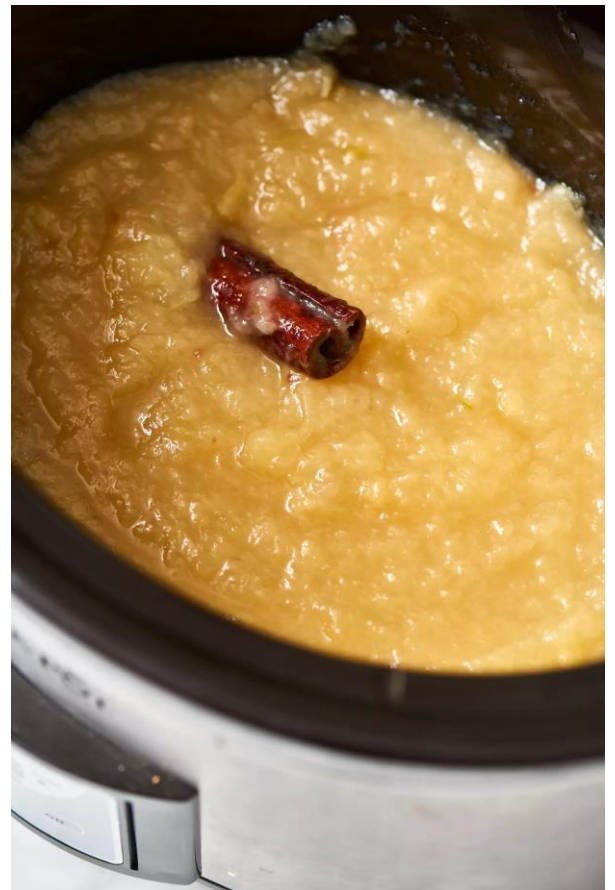
This is another simple, low prep recipe for any end of the season apples. This is also the perfect recipe if you have a variety of apples in a variety of species. You can mix and match species and ratios to find your perfect balance of tart and sweet applesauce. Since these apples are slow cooked, this is a perfect recipe for small, mealy or soft apples.

Ingredients

- 3 pounds apples
- 1/2 cup water
- 2 cinnamon sticks, or 2 tablespoons cinnamon (optional)
- 1 tablespoon freshly squeezed lemon juice
- 1/4 teaspoon salt

Instructions

Peel and core the apples and slice thin. Place the sliced apples in the crock pot with the water, cinnamon, lemon juice and salt. Cook on high for four hours. You can optionally use an immersion blender or a regular blender for a smoother texture. Cool and store for five days in fridge or 3 months in the freezer.



(Image credit: Joe Lingeman)

Adapted from: Foster, Kelli. "How To Make Applesauce in the Slow Cooker." *Kitchn*, Apartment Therapy, LLC., Sept. 2015, www.thekitchn.com/how-to-make-applesauce-in-the-slow-cooker-223486.