



## Delicious Danish Apple "Æbleskiver" Popovers

By Erin Fletter

**Prep Time** 40 / **Cook Time** 25 / **Serves** 6 - 12

### Fun-Da-Mentals Kitchen Skills

**chop:** to cut something into small, rough pieces using a blade.

**fold:** to gently and slowly mix a light ingredient into a heavier ingredient so as not to lose air and to keep the mixture tender, such as incorporating whipped egg whites into a cake batter or folding blueberries into pancake batter; folding is a gentler action than mixing or whisking.

**grate:** to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

**whip:** to beat food with a whisk or mixer to incorporate air and produce volume.

### Equipment

- Oven
- Muffin pan
- Large mixing bowl
- Cutting board + kid-safe knife
- Grater
- Measuring spoons
- Skillet
- Dry measuring cup
- Whisk
- Medium mixing bowl

Liquid measuring cup

## Ingredients

### Delicious Danish Apple "Æbleskiver" Popovers

butter or oil for greasing pan

3/4 lb apples

1 carrot

2 pinches ground cinnamon (omit if allergic)

2 pinches ground cardamom

1 pinch salt

3 T brown sugar

1 C all-purpose flour **\*\***(for GLUTEN ALLERGY sub gluten-free/nut-free flour)**\*\***

1 tsp baking powder

1/4 tsp baking soda

1/2 tsp salt

5 tsp granulated sugar

1 egg **\*\***(for EGG ALLERGY sub 1 T ground flaxseed mixed with 3 T warm water—more info below)**\*\***

1 C buttermilk (or 1 C milk or dairy-free/nut-free milk + 1 squeeze lemon or 1 tsp vinegar)

## Food Allergen Substitutions

### Delicious Danish Apple "Æbleskiver" Popovers

**Cinnamon:** Omit if allergic.

**Gluten/Wheat:** Substitute gluten-free flour.

**Egg:** For 1 egg, soak 1 T of ground flaxseed in 3 T of warm water for 5 minutes or until fully absorbed and thickened.

**Dairy:** For 1 C of buttermilk, substitute dairy-free/nut-free milk + 1 squeeze of lemon or 1 tsp of vinegar.

## Instructions

### Delicious Danish Apple "Æbleskiver" Popovers

### preheat + chop + grate

Preheat the oven to 375 F and grease a muffin pan with butter. Chop **3/4 pounds of apples** into tiny pieces and add to a mixing bowl. Grate **1 carrot** and set aside. (If also making the Rich Apple Butter (see recipe), chop and sauté 1 1/2 pounds of apples and divide the sautéed apples in half, setting aside half for the apple butter.)

### sprinkle + measure + sauté

Sprinkle **2 pinches of cinnamon** and **2 pinches of cardamom** on top of the chopped apples. Add **1 pinch of salt**. Measure **3 tablespoons of brown sugar** and add to the apples. Then sauté in a skillet over medium heat, stirring occasionally so the apples don't burn, until they are soft and caramelized (about 10 minutes).

### measure + whisk + whip + mix

Measure and add **1 cup flour**, 1 teaspoon baking powder, 1/4 teaspoon baking soda, 1/2 teaspoon salt, **and** 5 teaspoons sugar\*\* to a bowl. Whisk together. Next, crack **1 egg** in a separate bowl and whip until the egg is light and fluffy. Add **1 cup of buttermilk** and whip again. Then add the whipped egg and buttermilk to the flour bowl and mix.

### fold + bake + cool

Fold in the grated carrot and sautéed apples to the æbleskiver batter. Drop tablespoons of batter into your greased muffin pan. Bake for 15 minutes or until cooked through. Remove the pastries from the pan and bake the second batch. Let cool just slightly before slathering with Rich Apple Butter (see recipe) or any fruit jam!

## Featured Ingredient: Apples!

Hi! I'm Apple!

"I'm delighted to be part of your recipe! Not only does "an apple a day keep the doctor away," but I'm also versatile and delicious in both sweet and savory dishes, like pies, cakes, breads, salads, and casseroles, and added to vegetables and roasted meats. Not to brag, but I have a fabulous, round(ish) figure and come in several colors and varieties of sweet and tart flavors!"

### History

Here's a story about the Granny Smith apple that is long but cute: In the year 1868, near Sydney, Australia, a grandma named Marie Smith had been testing different types of French crabapples for cooking, and she ended up throwing the used apple cores out her window as she worked. Granny Smith saw that a new apple tree (or cultivar) had sprung up below her kitchen windowsill. She cultivated the tree and found that the apples it produced were good for cooking and eating. They were tart, sweet, and crisp. Grandma

Marie Smith took a stall at a farmer's market in Sydney, where her apples stored exceptionally well and became very popular. She sold her apples once a week and called them Granny Smith's Apples. Smart (and enterprising) fruit merchants in the 1890s and 1900s experimented with methods to transport the Granny Smith apples overseas in cold storage. Because of its excellent shelf life, they could export the Granny Smith apple long distances and most times of the year. Since growing fruit from the seeds of the Granny Smith apple produces trees with fruit that isn't as good as the original, grafting or cuttings are required instead. All Granny Smith apples grown today are from grafts of Grandma Marie Smith's original tree in Sydney.

Apple trees were domesticated thousands of years ago. A wild apple native to the mountains of southern Kazakhstan in Central Asia is considered the ancestor of most domestic apple varieties.

Worldwide, 7,500 varieties of apples are grown! If just 12 kids were growing that many, each of them would end up with 625 different kinds!

Apples are victims of (or blessed by, depending on how you look at it) their own genetic creativity. An apple from a tree grown from a seed will be nothing like its parents. And because of this, historically, thousands upon thousands of varieties of apples have come into existence. Apples have evolved to adapt to all environments. They can be grown all over the world. Now, the number of apple varieties is much more narrow due to farming practices and consumers' desire for the "perfect red apple." The only way to ensure genetic repeats of apples is to "graft" the trees.

Grafting apple trees involves combining a bottom rootstock of one tree to the scion, or budding branch, of another tree to grow a new successful apple tree.

## Anatomy & Etymology

Apples come in all shades of reds, greens, and yellows. They are members of the Rose family. Other members include strawberries, pears, plums, peaches, and raspberries.

Every spring, apple trees bloom or flower. At the bottom and inside each blossom is an ovule. Inside the ovule are the seeds that will eventually turn into an apple! It takes about 4 to 5 months from the time the blossoms are pollinated for the apples to be ready to pick.

New apple trees take four to five years to produce their first fruit!

A raw apple can contain 86 percent water!

If you put an apple in water, do you think it will sink or float? It will float! That's because about 25 percent of an apple's volume is air. And that's why you can play a game of "bobbing for apples" at Halloween parties!

An apple tree can grow to more than forty feet and live over a hundred years!

A Japanese farmer picked the heaviest apple on record in 2005. It weighed 4.1 pounds!

The word "apple" came from the Old English "æppel," which is Germanic in origin. Until the 17th century, "apple" could refer generically to any nut or fruit other than berries.

## How to Pick, Buy, & Eat

August marks the beginning of apple season. Apple season peaks in September—some of the most delicious apple varieties are available then: the Honeycrisp (our fave!), Cortland, Macintosh, and Gala. October apples are perfect for baking.

Apples are picked by hand when it's time to harvest them. Choose apples that have smooth skin and are free from blemishes. They should feel heavy for their size and feel firm. Then, give it a sniff—fresh apples smell almost floral-like and super pleasant.

It is so fun to go to an orchard in the fall and pick apples for yourself. Of course, apples are available year-round in most grocery stores and are most affordable during the months when they're in season (August through October).

Farmers often use honeybees to pollinate apple trees.

You can eat apples in so many ways. Try dicing half an apple and adding it to a spinach salad with walnuts or pecans, red onion, and goat cheese. Stuff and bake them for a cozy autumn treat. You can juice, blend, or grind apples to make juice, cider, or smoothies. Slice, chop, or mash them and add them to a variety of apple treats: pie, strudel, cake, donuts, tortes, turnovers, dumplings, galettes, fritters, muffins, and crisps or crumbles. You can thinly slice and dehydrate apples to make chips or cook and mash them to make applesauce, adding a dash of cinnamon for extra flavor. Apple marries beautifully with a ton of different sweet AND savory foods like fennel, cheddar, caramel, cinnamon, butternut squash, rooibos, sauerkraut, and sausage.

## Nutrition

"An Apple a Day Keeps the Doctor Away." This saying originated because people believed fruits were important to a nutritious diet. A 2015 study found that people who ate an apple a day took fewer prescriptions.

Red Delicious and Fuji apples contain the most polyphenols, micronutrients found naturally in plants with antioxidant and anti-inflammatory properties. They can help prevent heart disease, control blood sugar, lower cancer risk, and help your immune system function properly. More polyphenols are found in an apple's peel than its flesh, so be sure to eat the peel, which will also add to your fiber intake!

Isn't it amazing to think that our bodies are hard at work keeping us strong and healthy while we go about our daily activities? Think of it: just now, your body is pumping blood through your veins and arteries, delivering nutrients to your cells to create energy, building proteins to protect you from getting sick, and so much more. That's why it's so important to eat nutritious foods, like apples!