

Cool, crisp mornings put us into a fall food mood! When suddenly, almost every food item needs to include apples and pumpkins! This week, enjoy some fall flavors with us!

Pumpkin Caramel Monkey Bread

*Prep Time: 20 min.
Total Time: 1 hr. 10 min
Servings: 12-16*

3 (16.3-oz.) cans refrigerated buttermilk biscuits
3/4 C. granulated sugar
1 T. pumpkin pie spice
1/2 C. (1 stick) salted butter
1 C. light brown sugar, packed
1/2 C. heavy cream
1/2 C. pure pumpkin puree (not pie filling)
1 tsp. vanilla extract

Preheat the oven to 350°F. Cut each biscuit into quarters.

In a large zip-top bag, combine the granulated sugar and pumpkin pie spice. Add half the biscuit pieces, seal the bag, and shake well to coat. Place the pieces in an even layer in a 10-cup Bundt® pan. Repeat with the remaining biscuit pieces and sugar.

In a medium saucepan, heat the butter and brown sugar over medium heat until the sugar is mostly melted, 2-3 min. Whisk in the heavy cream and pumpkin puree. Bring to a simmer and cook, stirring frequently, until well combined and slightly thickened, 3-5 min. Remove from the heat and whisk in the vanilla. Pour the mixture over the biscuits.

Place the Bundt® pan on a rimmed baking sheet and bake until the bread has puffed up by about 2 inches and is a deep dark brown on top, 45 to 50 min. Let the bread cool in the Bundt® pan on a wire rack for 15 min.

To unmold the bread, loosen the edges with an offset spatula. Place a dinner plate or serving platter over the top of the Bundt® pan. With oven mitts, hold the pan and dinner plate together, then flip over. Carefully lift off the Bundt® pan, allowing the bread to slide out onto the plate.

Serve the monkey bread warm or at room temperature.

Apple Cinnamon Pancakes

*Prep Time: 30 min.
Total Time: 1 hr. 15 min.
Servings: 10-12*

2 C. all-purpose flour
1/4 C. light brown sugar, packed
1 T. ground cinnamon, plus more for serving
1 T. baking powder
3/4 tsp. kosher salt
1 C. whole milk, plus more as needed
3/4 C. buttermilk
2 lg. eggs
1-1/2 C. grated Granny Smith apple (from about 3 apples)
1 T. lemon juice
1 tsp. vanilla extract
4 T. salted butter, melted and cooled slightly, plus more for the griddle and for serving
Whipped cream and diced apples, for serving

Whisk together the flour, brown sugar, cinnamon, baking powder, and salt in a large bowl.

In a separate bowl, whisk together the milk, buttermilk, eggs, grated apples, lemon juice, and vanilla. Slowly drizzle in the melted butter, whisking briskly.

Using a rubber spatula, start gently stirring the dry ingredients while slowly pouring in the wet ingredients. Switch to folding once all the wet ingredients have been added to avoid overworking the batter. Continue folding until everything is combined. The batter should still be lumpy. Cover the bowl with plastic wrap and let rest on the counter for 45 min. to 1 hour, if possible.

Heat a griddle or large skillet over medium heat. If the batter is thick and you want thinner pancakes, add up to 1/4 C. more milk. Smear the griddle with butter and drop 1/4-1/3 C. batter onto the griddle for each pancake. Let cook until bubbles form on the surface, then flip and cook for another 1 to 1-1/2 min. Serve topped with whipped cream, diced apples, and a pinch of cinnamon.

Apple Cider Glazed Salmon

*Prep Time: 35 min.
Total Time: 45 min.
Servings: 4-6*

Vegetable oil, for the baking dish
1 C. apple cider
2 T. dark brown sugar, packed
2 tsp. soy sauce

1-1/2 tsp. grated ginger
1/4 tsp. paprika
5 garlic cloves, grated
6 T. salted butter
Juice of 1 lemon
1 (2-lb) piece center-cut salmon, skin removed
2 tsp. kosher salt
3/4 tsp. black pepper
1-1/2 lb. small, red-skinned potatoes, quartered
1 lb. green beans, trimmed

Preheat the oven to 400°F. Oil a 9-by-13-inch baking dish.

Glaze: Combine the apple cider, brown sugar, soy sauce, ginger, paprika, and 2 grated garlic cloves in a medium saucepan over medium-high heat. Bring to a boil, reduce to a simmer, and cook, stirring often, until syrupy, about 15 min. Whisk in 2 T. butter and the juice of 1/2 lemon. Set aside half of the glaze in a small bowl for serving.

Salmon: Pat the salmon dry with paper towels and place in the prepared baking dish. Season with 3/4 tsp. salt and 1/4 tsp. pepper, then brush with the remaining glaze in the saucepan. Roast until the salmon is opaque and flakes easily with a fork, 18 to 20 min.

Meanwhile, bring 1 inch of water to a simmer in a large pot fitted with a steamer basket. Add the potatoes, cover, and cook for 8 min. Add the green beans on top of the potatoes, cover, and cook until the beans are crisp-tender and the potatoes are easily pierced with a paring knife, about 5 min.

Carefully remove the steamer basket and vegetables from the pot. Wipe the pot clean, then add the remaining 4 T. butter and melt over medium heat. Stir in the remaining 3 grated garlic cloves and cook until fragrant, about 30 seconds. Return the potatoes and green beans to the pot. Toss with the juice of the remaining 1/2 lemon, 1-1/4 tsp. salt, and 1/2 tsp. pepper.

Brush the salmon with the reserved glaze and serve with the vegetables.

Maple Bacon Brussels Sprouts

Prep Time: 10 min.

Total Time: 35 min.

Servings: 6-8

8 slices thick-cut bacon, chopped
2 lb. Brussels sprouts
1 tsp. kosher salt
1/8 tsp. ground cayenne pepper, plus more to taste
1/2 C. dried, unsweetened cranberries
1/4 C. apple juice
1/4 C. maple syrup

In a large cast-iron skillet, cook the bacon over medium-high until crisp, 6 to 8 min. Using a slotted spoon, remove the bacon from the skillet and drain on a paper towel-lined plate.

Add the Brussels sprouts to the skillet, stirring well to coat with the bacon grease. Reduce the heat to medium and cook, without stirring, until the sprouts start to brown and caramelize, about 6 min. Stir in the salt and cayenne, and continue to cook until the Brussels sprouts are just tender, 6 to 8 min. more.

Stir in the cranberries, apple juice, and maple syrup. Cook for 3 min., stirring to coat the Brussels sprouts. Add the cooked bacon and stir to combine. Serve immediately.

Harvest Bowls

Prep Time: 25 min.

Total Time: 1 hr. 25 min.

Servings: 4

1-1/2 C. wild rice blend
2-2/3 C. chicken broth
2 T. unsalted butter
1-1/2 tsp. kosher salt, divided
1 lb. Brussels sprouts, trimmed and cut in half
2 sm. sweet potatoes, cut into 1/2-in. cubes
2 T. olive oil
1 tsp. ground black pepper
1 tsp. garlic powder
1 tsp. paprika
1/4 tsp. cayenne
1 rotisserie chicken, about 2 lb.
2 C. fresh baby kale
1 Honeycrisp apple, cored and cubed
1/2 C. crumbled goat cheese
1/4 C. roasted, salted almonds, coarsely chopped

Balsamic Vinaigrette

3 T. balsamic vinegar

2 tsp. honey
2 tsp. Dijon mustard
1 garlic clove, grated
1/4 tsp. kosher salt
1/4 tsp. ground black pepper
1/3 C. olive oil

Bowls: Preheat oven to 450°F. Place the rice blend in a fine mesh sieve. Rinse the rice under water, using your hand to move the rice around for about 1 min. Place the rice in a medium saucepan with the broth, butter, and 1/2 tsp. of salt. Bring the mixture to a boil over medium-high heat. Reduce the heat to low, cover, and cook until the rice is tender, 45 min. Remove the pot from the heat and keep the rice covered for another 15 min. Fluff the rice with a fork.

Meanwhile, line a large baking sheet with foil. Add the Brussels sprouts and sweet potato. Drizzle the vegetables with the olive oil, tossing to coat. Sprinkle with the remaining 1 tsp. of salt, pepper, garlic powder, paprika, and cayenne, tossing to coat. Roast until the vegetables are tender and browned, about 25 min., stirring halfway through.

Balsamic vinaigrette: In a mason jar, add the balsamic vinegar, honey, mustard, garlic, salt, and pepper. Place the lid on the jar and shake vigorously until the ingredients are well combined, about 15 seconds. Add the olive oil and shake the closed jar again until the dressing is well emulsified. Store in the refrigerator and shake well before using.

Remove the skin and bones from the chicken. Shred or cut the meat into cubes, as desired.

Divide the baby kale among 4 bowls. Spoon on the wild rice and divide the Brussels sprouts, sweet potato, chicken, apple, goat cheese, and almonds. Drizzle with the balsamic vinaigrette.

Caramel Apple Cookies

Prep Time: 20 min.

Total Time: 45 min.

Servings: 24

Cookies:

3/4 C. salted butter (1-1/2 sticks)
1/2 C. dark brown sugar
1/4 C. granulated sugar
1 lg. egg
1 tsp. vanilla
2 C. all-purpose flour
1/4 tsp. baking soda
1/2 tsp. kosher salt
1 tsp. apple pie spice
3/4 C. rolled oats
1 Granny Smith apple, grated (about 1/2 C.)
1/2 C. chopped apple chips

Caramel Icing:

1-1/2 C. powdered sugar
2 T. apple cider or juice
3 T. caramel sauce
1/2 C. apple chips, chopped

Preheat the oven to 350°. Brown the butter by melting it over medium heat in a medium saucepan, then let it cook and bubble for an additional 3 to 5 min. or until the foam and butter underneath is golden brown. Transfer it to a large, heatproof mixing bowl and swirl a few times to help stop the browning. Let it cool to room temperature, about 30 min.

Meanwhile, whisk together the flour, baking soda, salt, and apple pie spice in a medium bowl; set aside.

Add the brown and granulated sugars to the mixing bowl with the browned butter and beat with an electric mixer on medium speed for about 1 min. until creamy. Add the egg and vanilla, and mix on low just until combined.

Add the dry ingredients to the butter mixture and mix until combined. Mix in the oats and grated apple. Fold in the apple chips with a rubber spatula.

Scoop the dough into balls, about 1-1/2 tablespoons in size, onto two parchment lined baking sheets and press gently with the bottom of a glass. Bake for 10-12 min., or until the edges are golden brown. Cool for 5 min. on the sheet tray, before transferring to a wire cooling rack to cool completely.

Caramel icing: Whisk together the powdered sugar, apple juice, and caramel sauce. Using a spoon, drizzle the cookies generously with the icing and top with the chopped apple chips. Allow the glaze to set before serving, about 1 hour.

Quote of the Week:

“When an early autumn walks the land and chills the breeze and touches with her hand the summer trees, perhaps you’ll understand what memories I own.”

~ Ella Fitzgerald,

“Early Autumn” (1964)