

# COOKING FRESH



## APPLE-PECAN STUFFING

*This stuffing is delicious on its own or can be stuffed into a pork chop topped with caramelized onions for a great seasonal entrée.*

- ¼ cup butter
- 2 cups Hawkeye or Granny Smith Apples (about 4 apples)
- ¾ cup pecans, dry-roasted
- 1 yellow onion, diced
- 1 stalk celery, diced
- 2 tablespoons fresh sage
- 1 tablespoon salt
- 1 tablespoon cracked black pepper
- 1 loaf French bread, diced
- 1 quart homemade chicken stock

Melt the butter in a large sauté pan over medium high heat. Sauté the apples, pecans, onion and celery in the sauté pan until just tender. Add the sage, salt and pepper. Add the bread and mix thoroughly. Add the stock, a little at a time, until it is absorbed and the stuffing reaches the desired consistency (all a matter of taste, really; you may need more or less stock).

Cool to use as an actual stuffing or put in a shallow buttered casserole and bake about ½ hour at 350° until crisp and crusty on top to serve as a side dish.

Makes enough to stuff a 12–15 pound turkey or serve 6–8 as a side dish.

*Recipe compliments of Kurt Friese, A Cook's Journey: Slow Food in the Heartland (Ice Cube Press, September 2008).*

*The Arizona pecan harvest usually begins in December and ends in February. Look for pecans at your local farmers' market or from Green Valley Pecan Company ([www.greenvalleypecan.com](http://www.greenvalleypecan.com)), which offers shelled and unshelled pecans, organic pecan halves, candied pecans and other gifts.*



### NOW IN SEASON

- Arugula
- Beets
- Bok choy and other Asian greens
- Broccoli
- Broccoli rabe
- Brussels sprouts
- Cabbage (green, red and Asian varieties)
- Cauliflower
- Carrots
- Celery
- Clementines and tangelos
- Grapefruit (all varieties)
- Green onions (bunching onions and I'toi)
- Greens (collards, dandelion, escarole, mustard, rapini, Swiss chard)
- Herbs (cilantro, dill)
- Kale (Tuscan and Russian)
- Kohlrabi
- Leeks
- Lemons (first Meyers, then Lisbons)
- Lettuce (baby mix and other varieties)
- Oranges (Blood, Cara Cara, Navel and Valencia)
- Pecans
- Parsnips
- Radishes
- Rutabaga
- Spinach
- Turnips

## ARIZONA LAMB RECIPE IS A SNAP

*Dewey, Arizona's Catherine Wilkinson recently took top honors in the national "Best American Lamb Family Recipe Contest" in Denver. Catherine's recipe is a family favorite that has been served for many holiday meals in her home.*

### GINGERSNAP CRUSTED AMERICAN LAMB LOIN MEDALLIONS WITH BRANDIED FIG SAUCE

- 3 American lamb loins, silver skin removed (about 1 pound each)
- Kosher salt and freshly ground black pepper
- 4 tablespoons honey
- 1 cup crushed gingersnaps
- 1 cup sliced dried figs
- 2 cups brandy
- 1½ cups chicken stock, plus more as needed
- ½ teaspoon dry mustard

Preheat oven to 425°. Season the lamb loins with the salt and freshly ground black pepper. Brush the loins with about half of the honey. Press on the gingersnap crumbs firmly. Place loins on rack in large roasting pan and roast for about 16–18 minutes, or until a meat thermometer reaches 145° for medium rare or 160° for medium.

Meanwhile, while the lamb is roasting, place the figs and brandy in a small saucepan over medium-high heat. Add the stock, mustard and remaining honey. Simmer for about 15–17 minutes, or until figs are softened. Cool slightly. Pour mixture into blender or food processor and puree sauce. If too thick, add more stock. Season to taste with kosher salt and freshly ground black pepper. Set aside.

Remove lamb from oven, transfer to cutting board, and allow to rest for 5 minutes. Carve into medallions and spoon sauce over the top. Serve immediately.

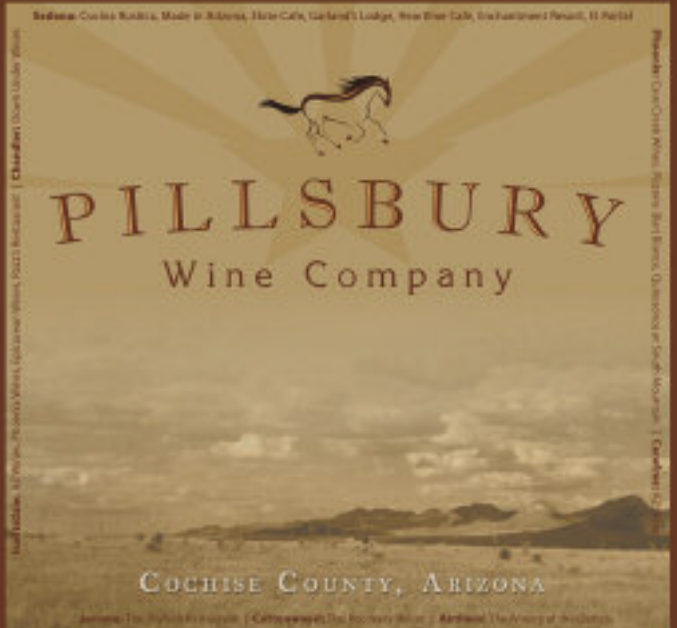


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