



Autumn Bhel Puri

With curried apple bhaji

Bhel Puri is a popular street snack found throughout India. It is based around puffed rice mixed with seasonal vegetables and cooked pulses dressed with a tangy sauce. Improve with the ingredients and adjust the spices and chilli to your palate. The apple bhaji is not traditional, but it is delicious. The combination of sweet and tart apples with, the puffed grain, veggies and pungent spices makes for a delicious dish. Prep the parts in advance, but assemble just before serving or it goes soggy!

For the apple bhaji:

- 2 sweet eating apples, peeled, cored and cubed
- 2 tart cooking apples, peeled, cored and cubed
- 1 onion, sliced very fine
- 1 tsp green chillies, minced
- 1 tsp mustard seeds
- 1 tsp cumin seeds
- 1 tsp ginger, minced
- ½ tsp turmeric
- 2 tbsp sunflower oil or gee
- 6 curry leaves

1. Heat oil or gee in a large pan over a medium heat. Add mustard seeds, when they start to pop, add the cumin seeds, curry leaves, green chillies, ginger and onions and sauté till the onions just start to turn brown.
2. Add the diced apples and turmeric and mix vigorously.
3. Add 2 tbsp of water, cover and cook on low heat for few minutes and add salt to taste.

For the Bhel Puri

- 2 cups puffed rice, wheat or spelt
- 1 red onion, very finely chopped
- 1 large tomato, finely chopped
- ½ cucumber, diced
- Juice of one lime
- 250 ml natural yoghurt
- 2 tsp home made masala or a shop bought chaat masala powder
- 2 green chillies, deseeded and finely chopped
- 4 tbsp fresh coriander, chopped
- Salt to taste
- 2 tsp mustard oil

1. For home made masala powder, dry roast 3 tsp cumin seeds, 1 tsp coriander seeds and 2 dried red chillies. Cool and grind together with a tsp of salt to a fine powder.
2. To make up Bhel Puri, just before serving, toss the puffed rice with the chopped vegetables, chillies and masala powder. Dress this with lime juice, mix well and top with a spoon of apple bhaji, some yoghurt and chopped coriander.





Apple glazed tempeh

Tempeh is made from fermented soybeans bound by *Rhizopus fungi* into a compact bean cake. It has a unique flavour and texture and is a complete protein as it contains all of the essential amino acids. It is also rich in isoflavones, which are said to strengthen bones, help to ease menopause symptoms, reduce risk of coronary heart disease and some cancers. One can buy it in Asian and health food stores and it comes raw, smoked or ready fried. This dish is essentially fried tempeh in a teriyaki sauce, but I use apple juice or apple concentrate as the sweetener in my teriyaki. Serves 4

250g ready fried tempeh or raw tempeh cut into 8 strips
1 tbsp grated ginger
50ml apple juice concentrate or 100ml apple juice
50ml tamari or dark soya sauce
50ml water
Juice of 1 lime
25g sesame seeds, dry toasted
Sunflower oil

Method:

1. Heat a large frying pan over a medium to high heat and brush with oil and fry the tempeh strips until they go golden brown. Raw tempeh will need more oil and a longer fry.
2. Add the ginger and cook for a moment or two before adding the apple juice, soya sauce, lime juice and water.
3. Turn up the heat and cook hard until the liquid has reduced by $\frac{2}{3}^{\text{rd}}$ and it starts to produce big dark glossy bubbles. Turn the tempeh over in this sauce once or twice and remove from the pan.
4. Top the tempeh with the remaining sauce and sprinkle over the sesame seeds.
5. You can de-glaze the pan with more water or apple juice to make extra sauce.





Apple Fritters

Spiked with perry and pepper

This is a truly delicious dish, sweet, hot and rich, which on cold winter days, really hits the spot. Serve it as a sweet, dusted in sugar or dipped in thick hot chocolate or with strong cheese, white meats or fish. Make sure the oil is up to the correct heat or the batter will drink up the fat and be greasy and soggy.

Sunflower oil, for deep frying

150 g self-raising flour, plus extra for dusting

½ tsp cinnamon

½ tsp ground black pepper

50g caster sugar

175-200ml perry or pear juice

4 firm eating apples such as Cox or Windsor

Method

1. Heat the oil in a deep fat fryer or large saucepan to 180°C.
2. Cut out the core from the apples using an apple corer and peel. Remove the top and bottom from the apples and then slice the into about 2cm thick slices.
To make the batter, sift the flour and cinnamon into a bowl and stir in the sugar. Whisk in enough of the perry or pear juice, giving you a thick coating batter.
3. Dip the apple slices into the batter and carefully slide into the hot oil. Do just a few at a time, to prevent them from sticking together. Fry for about 1-2 minutes until they are light golden brown and crispy.
4. Remove from the oil, drain on kitchen paper and eat straight away.





Almond clafoutis

With caramelized apple

Clafoutis is the French version of an Eve's pudding. It is traditionally made with cherries or plums, but I love it made with apple. For simplicity, I make mine in an oven proof frying pan, but you can do this in two stages and transfer the apple to a baking tray before topping with the batter and baking. It is a very forgiving dish if you get your timing right and lends itself to countless variations. Serves 4

4 firm eating apples
1 tbsp/25g/1oz butter
1 tbsp/25g/1oz brown sugar
1 tbsp/25g/1oz butter, melted
3 tbsp/75g/3 oz caster sugar
2 tbsp/50g/2oz self raising flour
2 tbsp/50g/2oz ground almonds
3 eggs, beaten
100ml milk

Method:

1. Preheat the oven to 180 C/350F/Gas 4/5
2. Prepare the apples - peel, remove the core with an apple corer and cut into half horizontally through the core. Trim the rounded ends so that you have apple disks about 3 cm thick
3. Heat a medium sized frying pan on a low - medium heat and melt 1tbsp of butter
4. Add the apples and cook gently for 5 minutes, turning once. The fruit should start to soften and brown at the edges. Add the sugar and a few table spoons of water, apple juice or cider. Turn the heat up slightly and cook for a further few minutes or until a light glossy caramel has formed. Turn the apples to coat and then remove from the heat. Be attentive as it only takes moments for the caramel to catch and burn.
5. If your frying pan is oven safe you can finish the dish off in the pan, alternatively, transfer the caramelized apples to medium sided round or oval ovenproof dish.
6. To make the batter, beat the eggs, milk, caster sugar and melted butter together and then fold in the flour and ground almonds, you are after a batter with a smooth dropping consistency like loose double cream.
7. Spread the batter over apples and bake for 15 - 20 minute until golden.
8. Serve in the pan or baking dish or turn over onto a plate, and serve apple side up dusted with cinnamon spiked icing sugar.

