

San Antonio's
Pearl

Kentucky
Caviar

The Perfect
Tailgate

Rice
Revival

THE LOCAL

PALATE

FOOD CULTURE OF THE SOUTH

Fall in the South

GEORGIA'S
White Oak Pastures

APPALACHIAN
apple butter

STONE CRABS
in Miami

BUTTERNUT
SQUASH GALETTE
FROM NASHVILLE'S
DOZEN BAKERY



P0007
PALTE
S0002

MEMORK C/O POLISHED PIG MEDIA
#TLP 010681212# EX:201809
#BYCDJLK **AUTO**SCH 3-DIGIT 100

SEP 31, 2018

AN

<60

POSTNET
STANDARD
U.S. POSTAGE PAID
PERMIT 122
HARRISBURG, PA

ELECTRONIC SERVICE REQUESTED

THELOCALPALATE.COM

0 979936 158512 26636 9

6



Apple Butter

[a-pəl bə-tər]

n: A spiced apple reduction traditionally made in Appalachia

IT'S BEEN ESTIMATED that as many as 1,600 different apple varieties once grew in the southern and central Appalachians, no doubt a testament to the region's dogged habit of saving and sharing seeds. This time of year, apples are harvested in droves; given the mountain South's lopsided winter-to-growing season ratio, there's long been an emphasis on preserving the fruit through drying, canning, and pressing it into cider both fresh and hard. And then there's apple butter—a dark, richly spiced reduction that spreads over biscuits and toast. Some cooks call for fresh apples, while others prefer dried. Cider may or may not be a starting ingredient. Old-timey recipes were cooked in copper cauldrons for hours over open flame; they weren't measured in cups and ounces but gallons and pounds. The apple butter required constant stirring with a large wooden paddle so it didn't scorch. It's no surprise communities would host all-day gatherings to tackle the work, sharing in the sweet reward at the end. While modern convenience (stovetops and slow cookers) has largely brought the process indoors, some families still carry on the tradition. Kaley Laird, head pastry chef of the Rhu in Asheville, North Carolina, didn't grow up in the southern mountains, but has roots in another landscape studded with apple trees—Western New York. "It's apple country," she says. "A lot of people have trees in their backyard and everyone spends a lot of time trying to figure out what to do with all their apples." Her family turns to recipes like apple pie and apple bread—but not apple butter. So when she moved to Western North Carolina three years ago, she was preconditioned to love the sweet, spiced spread.—*Emily Storrow*

APPLE BUTTER OATMEAL CREAM PIES

From Kaley Laird of the Rhu, Asheville, North Carolina

Makes 3 dozen cookie sandwiches

For the cookies:

- 1 large, crisp red apple
- 1 tablespoon vegetable oil
- 1½ cups plus 1 teaspoon granulated sugar, divided
- 3 cups butter
- 3 cups brown sugar
- 6 eggs
- 2 teaspoons vanilla paste
- 4½ cups flour
- 3 teaspoons baking soda
- 3 teaspoons cinnamon
- ¼ teaspoon nutmeg
- ¼ teaspoon ground black pepper
- 2 teaspoons salt
- 9 cups oats
- 1½ cups golden raisins
- ½ cup chopped toasted pecans

For the spiced cream cheese icing:

- 1½ cups butter, at room temperature
- 1½ pounds cream cheese, at room temperature
- 5¼ cups powdered sugar
- 1 teaspoon salt
- 3 teaspoons cinnamon
- ½ teaspoon nutmeg
- ¼ teaspoon ground ginger
- ½ teaspoon vanilla paste

For assembly

- 1 quart apple butter (use your favorite kind or find Laird's recipe on page 101)

- 1. Preheat oven to 375 degrees.** Core and cut apple into small cubes (you want about 1½ cups total). Lightly coat apple with oil and 1 teaspoon of granulated sugar, then roast in oven until golden brown and cooked through, about 3 to 5 minutes. Set aside to cool.
- 2. Make the cookies:** Reduce oven to 325 degrees. In the bowl of a stand mixer fitted with paddle attachment, beat butter until creamy. Add both sugars and lightly beat again until smooth and incorporated. Scrape down sides of bowl and, with mixer on low speed, add eggs one at a time, scraping down sides and bottom of bowl with a spatula after each addition. Add vanilla paste and beat until combined.
- 3. In a medium bowl,** combine flour, baking soda, spices, and oats. Add flour mixture to butter mixture in two separate batches, mixing well between each addition. When a dough has formed, add raisins,



Choosing apples to cook with is like choosing wine to cook with—pick a variety you'd enjoy eating, Laird says.

pecans, and cooled roasted apples, mixing just enough to incorporate.

- 4. Scoop dough** into 2-inch balls and arrange on a parchment-lined baking sheet, gently pressing down on each. Bake for about 10 minutes, rotating halfway through. Transfer cookies to a wire rack and allow them to cool completely.

- 5. While cookies cool, make the icing:** In the bowl of a stand mixer fitted with paddle attachment, beat butter until pale in color. Scrape down sides of bowl. Add cream cheese and beat until light and fluffy. Scrape down sides of bowl again.

- 6. In a medium bowl,** combine remaining ingredients. With mixer on low speed, add powdered sugar mixture in batches and slowly beat until smooth and creamy.

- 7. Transfer filling to a piping bag** and let chill in refrigerator for 15 minutes before proceeding with recipe.

- 8. Assemble the cookies:** On the flat side of one cookie, pipe a ring of cream cheese icing around edge, leaving room for 1 to 2 tablespoons of apple butter in the center. Fill center with apple butter. Gently press flat side of a second cookie to the filling, forming a sandwich. Repeat with remaining cookies and filling.