



# Apples: From Harvest to Table

*Amy Pennington*

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Praise for *Apples: From Harvest to Table* by Amy Pennington:

"Apples are most commonly associated with sweet foods, and Pennington's recipes for breakfasts and desserts, including apple pancakes, apple-stuffed French toast, apple cider doughnuts, and, of course, apple pie showcase their sweetness perfectly. **But Pennington goes far beyond the expected.** Like many of the other recipes, it bursts with several exciting flavors that blend together perfectly to create something wonderful and unexpected." - **San Francisco Book Review**

"A true apple lover knows a bite of fall's favorite fruit is a complex thing.

To the untutored palate, an apple may be just an apple, but to Pennington, a New York native who runs the GoGo Green Garden business in Seattle, it is a globe of surprises." - **Palm Beach Post**

From the orchard to the plate...

*Apples: From Harvest to Table* collects 50 delicious recipes starring the tried-and-true favorite. Organized into five chapters--Breakfast & Brunch; Salads, Starters & Sides; Mains; Pies, Crumbles & Crisps; and Jams, Jellies & Preserves--these wholesome, straightforward recipes will quickly become go-to meals in every apple-loving kitchen. Illustrated with beautiful food photography and vintage botanical drawings, this cookbook also includes essays on topics ranging from making your own apple juice and heirloom apple varieties to kid-focused recipes and apple crafts.

Recipes include:

Caramelized Apple with Vanilla Crepes  
Cumin Apple Salad with Pickled Red Onions  
Savory Barley-Stuffed Apples with Rosemary  
Lemon-Roasted Chicken with Caramelized Onion & Apple  
Upside-down Apple Tart  
Fried Apple Hand Pies  
Rose Hip & Apple Butter  
Apple Pear Salsa with Cilantro

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