JANUARY: Brown Butter Apple Loaf •

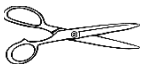
Prep time: Makes 1 loaf. Total Time: 80 minutes.

Ingredients:

4 ounces (1/2 cup) unsalted butter
1/2 cup packed brown sugar
1/2 cup white sugar
2 large eggs
1 cup all-purpose flour
1/2 cup whole wheat flour
1 teaspoon baking soda
1 teaspoon fine sea salt
1/4 teaspoon ground cinnamon
4 ounces (1/2 cup) crème fraiche: substitute sour cream, creama, buttermilk, or plain yogurt
3 tablespoons apple brandy, such as Applejack or Calvados; substitute fresh apple cider
1 teaspoon vanilla extract
3 apples, peeled, cored and diced (See Recipe Notes)
1/2 cup chopped, toasted pecans

Directions:

Preheat the oven to 350°F. Grease a loaf pan with butter or cooking spray.
Place the butter in a medium skillet and melt over medium heat. Continue cooking, swirling occasionally to prevent burning, until the butter is bubbling and golden brown with a nutty aroma. Combine the butter in a large mixing bowl with the sugar, brown sugar, and eggs. Whisk to combine.
Add the flours, baking soda, salt, and cinnamon, and stir with a wooden spoon until just combined.
Follow with the crème fraîche, apple brandy, vanilla, apples, and pecans; the batter will be very thick.
Transfer the batter to the prepared loaf pan and smooth the top. Bake loaf for 1 hour. Allow to cool for 20 to 30 minutes before removing from loaf pan.
Recipe Notes: Use a mix of tart and sweet apples, such as Granny Smith, Braeburn, Gala, Golden Delicious, Honey Gold, Jonathan, McIntosh, and/or Honeycrisp. I used one Granny Smith (tart) and 2 Pacific Rose (sweet) apples for testing.



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HOME SURVEY: Fill out and return this survey to your homeroom teacher.

1. Did your children help prepare this recipe?

(circle one) YES NO

2. Did your family enjoy preparing this month's featured recipe?

YES NO

3. Is this the first time your family members have tried this vegetable / fruit?

YES NO

4. Did your family members learn new facts or information about this month's fruit or vegetable?

YES NO

5. Did your family like this month's featured item?

YES NO