

Danish Apple "Æbleskiver" Popovers + Rich Apple Butter + Sparkling Fireside Apple Punch



danish apple "Æbleskiver" popovers

preheat + chop + grate + combine

Preheat oven to 375 degrees F and grease a muffin tin with **butter**. Chop **1 ½ pound apples** into tiny pieces and add to a mixing bowl. Grate **1 carrot**.

pinch + measure + add + sauté

Add **2 pinches of cinnamon** and **2 pinches of ground cardamom** and sprinkle on top of the apples. Add a **pinch of salt**. Measure **3 T brown sugar** and add to the apples. Then sauté in a skillet over medium heat, stirring occasionally so the apples don't burn, until apples are soft and caramelized (about 10 minutes). Divide the apples in half and save half for the apple butter.

measure + whisk + whip + mix

Measure and add **1 C all-purpose flour**, **1 tsp baking powder**, **¼ tsp baking soda**, **½ tsp salt**, and **5 tsp sugar** to a bowl. Whisk together. Then crack **1 egg** in a separate bowl and whip until egg is light and fluffy. Add **1 C buttermilk** and whip again. Then add to the flour bowl and mix.

:: recipe continued::

Family Fun Recipes

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fold + bake + cool

Fold in the grated carrot and half the sautéed apples to the æbleskiver batter. Drop tablespoons of batter into your greased muffin tin. Bake for 15 minutes or until cooked through. Remove pastries from tin and bake the second batch. Let cool just slightly before slathering with apple butter!

rich apple butter

add + blend

Add half of the apples that you've already sautéed to a blender. Puree until smooth and velvety, adding a touch of water if needed. Serve with æbleskiver and refrigerate any leftovers.

sparkling fireside apple punch

measure + add + mix + pour

Measure **3 C apple juice/cider** and add to a pitcher. Add a **pinch of cinnamon!** Mix, then top with **1 C Zevia brand ginger ale** and **½ C ice**. Pour into cups and enjoy! Cheers, or "SKOL," in Danish!

::continued::



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shopping list!

Danish Apple “æbleskiver” Popovers

- ¾ lb apples (any variety)
- Pinch ground cinnamon
- Pinch ground cardamom
- 1 carrot
- Butter for greasing tin
- 1 C all-purpose flour
- 1 tsp baking powder
- ¼ tsp baking soda
- 5 tsp white sugar
- ½ tsp salt
- 1 egg
- 1 C buttermilk

Rich Apple Butter

- ¾ lb apples (any variety)
- 3 T brown sugar
- Pinch ground cinnamon
- Pinch ground cardamom
- Pinch salt

Sparkling Fireside Apple Punch

- 3 C apple juice/cider
- 1 C Zevia brand ginger ale
- Pinch ground cinnamon
- ½ C ice

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Let's learn about Apples!

Apples come in all shades of reds, greens, yellows. They are a member of the Rose family.

Every spring, apple trees bloom or 'set on blossoms', or flowers. Tucked inside the bottom of each blossom is something called an ovule. Inside the ovule are the seeds that will eventually turn into an apple! It takes about 4 to 5 months from the time the blossoms are pollinated for the apples to be ready to pick.

The largest apple picked (on record) weighed three pounds!

August marks the beginning of apple season. Apple season peaks in September - some of the best and most delicious apple varieties are available during September, like Sweet Gala, Honeycrisp (our fave!), Cortland, Macintosh, and Gala. October apples are perfect for baking.

Apples have to be picked by hand when it's time to harvest them.

We've all heard the saying, "An Apple a Day Keeps the Doctor Away." Well, the saying originated because of how nutritious apples really are. The apple peel contains most of the vitamins in an apple - so make sure to eat that part, too!

Fun Facts about Denmark!

★Over 50% of people in Denmark get to work by riding their bicycles!

★In Danish schools, students are required to take swimming lessons, so that nearly everyone knows how to swim. Could this be because Denmark is surrounded by so much water? No place in Denmark is more than 30 miles from the sea.

★The word "Viking" probably comes from the Old Norse word vik (creek) and seems to mean "men of the water," or sea warriors from the inlets and bays of Scandinavia (Norway, Sweden, and Denmark). The Danes were known to mainly raid Britain and the French coast; some Vikings traveled round the coast of Spain into the Mediterranean and others went to the Faroe Islands, Greenland, and Iceland.

★The story goes that Æbleskiver were invented by Vikings when after a battle they made them over a hot fire and cooked them in their dented helmets!

★Popular foods in Denmark: pickled herring, salty licorice, sausages, open-faced sandwiches called smørrebrød (typically eaten for lunch), pastries, meatballs, and Æbleskiver!

Time for a laugh!

Why did the apple cry? **Its peelings were hurt!**

What did the apple tree say to the hungry caterpillar? **Leaf me alone!**

What reads and lives in an apple? **A bookworm.**

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