Looking for flavors of fall? Don't overlook apples



CHERIE MINGUS

Most people think about pumpkins dishes when fall weather begins. But I prefer to find recipes that use local apples that can be found at several orchards in our area.

Today's recipe Apple Cinnamon Muffins from calculatorsbay.com uses only a couple of apples but has a spice we associate with fall.

There are several reasons why to prepare these muffins. First of all, they are simple to make and take a total of 35 minutes from start to end and are tasty as well.

These muffins can be eaten as a breakfast item or as an afternoon snack. Oil, yogurt and sour cream keep these muffins moist for several days.

And finally, the cinnamon topping gives these muffins a little crunch factor.

Ingredients needed include all-purpose flour which gives a tender, classic muffin crumb. Baking powder and baking soda gives a good rise and a soft texture. Other ingredients are salt, ground cinnamon (cinnamon goes in the batter and on top),



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Only a couple apples are needed for this muffin recipe but be sure to select a firm variety or the mix could be mushy.

brown sugar, and granulated sugar. Brown sugar adds moisture. One large egg binds the batter, vegetable oil (or any other neutral oil), yogurt or sour cream adds tang, pure vanilla extract, and one or two fresh apples.

You want a firm apple, not a red delicious or golden delicious apple as the flesh will cook up mushy.

Just like any muffin recipe, remember to stir the ingredients until ingredients just come together. Too much stirring will develop the gluten in the flour, and you will not get a tender, moist muffin.

Begin by preheating the oven to 375° F and lining a 12-cup muffin pan with liners. In a large bowl, whisk together all the dry ingredients -flour, baking powder, baking soda, salt and cinnamon. Set this aside. In another bowl, beat the wet ingredients beginning with the brown and granulated sugars with the large egg for about 2 minutes. The sugars/egg mixture should be a paler color and slightly puffy in appearance. Stir in the remaining wet ingredients – oil, sour cream (or yogurt), and vanilla extract till smooth.

Gently fold the dry ingredients into the wet ingredients. Remember folding is an up and over action. I would compare folding to my students as Ferris wheel action, up and over. Whereas stirring would be a merry-go-round action, around and around.

Fold until no dry remain leave just a few lumps. Lastly, carefully fold in the chopped apple pieces. Don't overmix.

Spoon the batter evenly into the muffin cups, filling about 2/3 full. I like to use a 2-inch cookie scoop. Sprinkle additional cinnamon oven the top. And bake for 22 to 25 minutes or until a toothpick inserted in the center comes out with no raw batter. Remove from the oven and place on a cooling rack for two minutes. Instead of adding extra cinnamon on top before baking, you can dip the muffins in melted butter as soon as the muffins come out of the oven and then dip them in a cinnamon sugar mixture. I chose to add a powdered sugar drizzle on top of mine.

Enjoy these muffins first thing in the morning with a cup of coffee or hot tea or split them open and spread soft cream cheese on them. Or wrap one up to enjoy in a lunchbox for an afternoon treat. These muffins will keep on the kitchen counter for 3 days in an airtight container, in the refrigerator for up to five days, reheating before eating. If you want to make a double batch to freeze one batch for later, wrap them and store in a freezer bag/container up to five months.

I think you will find these muffins easy and tasty without having to use a whole bag of apples.

Try using two different apples to give a variety of tastes and textures, just stay away from the red or golden delicious apples because even in the fall Life is Sweet.

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APPLE CINNAMON MUFFINS

Ingredients

- 1½ cups all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 teaspoon ground cinnamon
- ½ cup brown sugar packed
- ¼ cup granulated sugar
- 1 large egg
- 1/3 cup vegetable oil
- ½ cup plain yogurt or sour cream
- 1 teaspoon vanilla extract
- 1 cup finely chopped peeled apple (1-2 medium apples)
- Additional cinnamon for sprinkling on top

Instructions

1. Preheat the oven to 375 degrees Fahrenheit and line a 12-cup muffin tin with paper liners.
2. In a large bowl, whisk together flour, baking powder, baking soda, salt and ground cinnamon until combined and uniform in color.
3. In a separate bowl, beat the brown sugar, granulated sugar, and egg until the mixture is pale and slightly fluffy, about two minutes.
4. Add the vegetable oil, yogurt and vanilla extract to the wet ingredients and stir until smooth and consistent.
5. Fold the dry ingredients gently into the wet mixture, stirring only until no dry streaks remain; the batter should be thick but slightly lumpy.
6. Fold in the finely chopped apple pieces carefully to distribute evenly without overmixing.
7. Spoon the batter evenly into the muffin cups, filling each about two-thirds full, and sprinkle a pinch of cinnamon on the surface of each muffin.
8. Bake in the preheated oven for 22 to 25 minutes or until a toothpick inserted in the center comes out with moist crumbs but no raw batter.
9. Remove muffins from the oven and transfer to a cooling rack to cool for 10 minutes before serving.

SOURCE: calculatorsbay.com

KENTUCKY

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program's highest ranking since Week 5 last season. UK was unranked in 15 of the final 16 AP polls last season. The lone exception was a No. 25 ranking in Week 15.

Kentucky opened its preseason exhibition schedule with a 69-49 win over Little Rock last Friday. Pope's team next plays an exhibition Friday against No. 19 Texas Tech.

The Texas Tech exhibition will be the first of several tests for the Wildcats against teams ranked in the preseason poll.

UK will face No. 1 Florida, No. 7 Texas, No. 8 Tennessee, No. 9 Virginia, No. 11 Louisville, No. 12 Arkansas, No. 17 Kansas, No. 20 Alabama and No. 24 Vanderbilt in the regular season.

"To be honest, we don't spend a lot of time on polls," Pope said at SEC Media Days last week after his team was picked to finish seventh in the league by reporters. "We spend all our time on the work that we do, the wins that we earned.

"We are very, very focused on the only opinion mattering is the opinion in our locker room. That's really important for all teams in all sports. It's really, really important for our team at Kentucky, for us to become what we can become. The polls will change. They change every week."



