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## Honey-Roasted Apples with Honey-Butter Caramel Sauce

NATURALLY DELICIOUS RECIPES • Janice Feuer-Haugen

**HONEY-ROASTED APPLES WITH HONEY-BUTTER Caramel SAUCE** *Studded with Toasted Sesame Seeds, Flavored with Rose Water and Vanilla, on a Bed of Yogurt Cheese!*

It often takes a number of tries to get a recipe “right,” meaning I like it a lot and it’s ready to share. Definitely the case with this recipe for *Honey-Roasted Apples*. I experimented with different ways of cutting the apples, different varieties of apples, different flavorings, and different cooking temperatures. The night I photographed and ate an entire batch of *Honey-Roasted Apples* for dinner, I knew I had a winner. They were fragrant, complex, flavorful, tender, easy, and oh so delicious. *A word of warning—only make Honey-Roasted Apples when there are other people around so you can share them!*

### Fall Apples

Beginning in September, a few friends brought me bags of just-picked apples from their trees. These crisp, fragrant, juicy apples, in unknown varieties, came in colors from yellow to pale green to deep red. When I experimented with roasting them, some split open while others, looking great on the outside, had turned mushy on their inside.

### Comparing Apples to Apples

After a bit of research and comparing apples to apples, I noticed a number of differing opinions about which varieties work best for baking, sauce-making or eating fresh. For example, for me, Fuji apples worked quite well as *Honey-Roasted Apples*. Yet, a number of websites say that Fuji’s are too watery to stand up well to a stint in a hot oven. Perhaps I was just lucky, so I can’t guarantee that Fujis will always roast well.

There are over 100 varieties of apples grown commercially in the U.S. With so many varieties to select from, I’ve combined the recommendations from a number of sources to compile guidelines featuring many of the varieties we find in Montana.



♥ **Baking:** Firmer apples that hold their shape when baked into a pie, a tart, a cake or honey-roasted: Granny Smith, Honeycrisp, Jazz, Pink Lady (Cripps Pink), and possibly Fuji

♥ **Applesauce & Apple Butter:** Softer apples such as Braeburn, Cortland, Empire, McIntosh, Golden Delicious, Jonathan, Rome Beauty

♥ **Salads & Snacking:** Apples with balanced sweetness, crisp texture, and slow to turn brown: Ambrosia, Braeburn, Cameo, Cortland, Empire, Fuji, Gala, Honeycrisp, McIntosh, Pink lady, Winesap

Consider these guidelines as a starting point. Refine them as *you* experiment with and discover those varieties that work best for you.

*Honey-Roasted Apples* are much quicker, easier and perhaps even tastier than apple pie. While the thickly sliced apples roast, the mixture of melted butter and honey thickens into a light caramel sauce. A little rose water and vanilla ups the sauce’s flavor and a bed of labneh (strained yogurt) adds a delightfully creamy contrast. *Honey-Roasted Apples* are as delicious cold as hot. Naturally gluten-free. Inspired by and adapted from a recipe in *Saveur* magazine. ♥

*Recipe on next page...*

# Honey-Roasted Apples

## with Honey-Butter Caramel Sauce

Makes: 3–4 servings

Active Time: 10 minutes

Total Time: 50 minutes

### INGREDIENTS

- 3 tablespoons (1½ ounces) lightly salted butter
- 2 ½ tablespoons light, local honey
- 2 large crisp apples, such as Pink Lady or Cripps Pink
- 2 ¼ teaspoons rose water (available online)
- ¾ teaspoon pure vanilla
- 1 teaspoon toasted sesame seeds
- Labneh at room temperature for serving

### INSTRUCTIONS

**1)** Heat the oven to 400 degrees. Put the butter in a 7 x 9-inch baking dish. Place the baking dish in the heating oven just to melt the butter. When melted, remove the baking dish and stir in the honey.

**2)** Quarter and core the apples. Then cut each quarter lengthwise on the diagonal. Toss the apples with the honey/butter mixture. Cover the baking dish with a tight-fitting lid or aluminum foil. Roast for 30 minutes.

**3)** Take the baking dish from the oven and remove the foil/lid. Gently toss the apples with the sauce. Bake uncovered for another 15 minutes. Remove the baking dish from the oven and again toss the apples with the sauce.

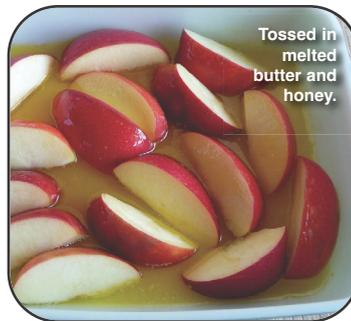
**4)** Switch the oven to high broil. Place the baking dish on an oven rack about 6 inches from the broiler. Broil the apples for 2 minutes, turning the baking dish 180 degrees after 1 minute. Remove the baking dish to a wire rack.

**5)** Transfer the apples to a small mixing bowl, leaving as much of the caramel sauce as possible in the baking dish. Stir in the rose water, vanilla and sesame seeds. Pour the sauce over the apples, tossing gently to coat them.

**6)** Place a bed of labneh on each plate. Divide the *Honey-Roasted Apples* between the plates. Top the apples with some of the caramel sauce and serve.

# Labneh—Yogurt Cheese & Whey

In the Middle East, cheese made from straining yogurt goes by the name “labneh,” which translates as “strained yogurt.” The longer the yogurt drains, the thicker and denser the resulting yogurt cheese. To serve *Honey-Roasted Apples* on a bed of labneh, strain the yogurt for 2 to 4 hours before serving for a light and fluffy texture.



### INGREDIENTS

- 1½ cups organic, plain whole milk yogurt with “live and active cultures”

### INSTRUCTIONS

- 1)** Line a strainer with four layers of damp cheesecloth. Place the strainer over a glass or ceramic bowl. Transfer the yogurt into the cheesecloth-lined strainer. Gather together and tie up the ends of the cheesecloth.
- 2)** Let the yogurt drain for 2–12 hours, sitting on a kitchen counter; although, for *Honey Roasted Apples*, drain the yogurt for 2–4 hours.
- 3)** Remove the labneh from the cheesecloth. Use it immediately or store it in a covered container in the refrigerator for up to two weeks.
- 4)** Store the probiotic-rich liquid whey in a clean jar in the refrigerator. Add the whey to smoothies, bread dough and/or any number of recipes for fermented beverages, condiments, vegetables and fruits. In order to retain whey’s beneficial bacteria, avoid heating it. Whey, without any trace of yogurt in it, lasts a few months stored in the refrigerator. ■

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