



## **PINK LADY** APPLE & BUCKWHEAT PIKELETS

*In 2014 Southern Forests orchardists are celebrating 40 years since the first Cripps Pink tree was grown right here in WA, producing the world's most famous apple, the beautiful Pink Lady™. Take a look overleaf for this specially created 40 Years of Pink recipe from one of our region's greatest produce advocates, Foragers' Sophie Zalokar.*

**Like your Genuinely Southern Forests Pinks crunchy?**

– KEEP THEM IN THE FRIDGE! –

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# PINK LADY APPLE & BUCKWHEAT PIKELETS

*With Honey, Walnuts & Mascarpone*

*(Serves 4)*



## INGREDIENTS

1 cup walnuts

1 cup self-raising flour

½ cup buckwheat flour

1 tbsp caster sugar

2 eggs

1 cup milk

30 g butter

2 Genuinely Southern Forests

Pink Lady apples,

thinly sliced

4 tbsp honey

4 tbsp mascarpone

## METHOD

*Preheat oven to 180°C. Lay the walnuts on a baking tray and toast in the oven for 10 - 15 minutes until the skin is a little darker. Allow to cool. Place the two flours and caster sugar in a bowl and make a well. Crack the eggs into the well and together with the milk, whisk into the dry ingredients to make a thick batter. Heat a little butter in a pan until foaming and then pour enough batter into the pan to make pikelets about the same diameter as the apple slices. After a minute, lay the apple slices on top of the pikelets. Cook for another minute before flipping and cooking the apple side another 2 minutes. Rub the walnuts with your fingertips to crumble and remove the toasted skins. Serve the pikelets in a stack drizzled with honey and served with a spoonful of mascarpone and walnuts.*



## **PINK LADY** APPLE AUTUMN SALAD

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# PINK LADY APPLE AUTUMN SALAD

(Serves 4)



## INGREDIENTS

- |   |   |
|---|---|
| 2 medium fresh beetroot, peeled               | 2 handfuls baby kale  |
| 3 tbsp + extra macadamia oil                  | 1 handful watercress  |
| ½ cup hazelnuts                               | 1 witlof, leaves separated  |
| 1 tbsp apple cider vinegar                    | 1 sml fennel bulb, thinly sliced  |
| 1 tsp grainy mustard                          | 4 radishes, thinly sliced   |
| ½ tsp sugar                                   | 1 Genuinely Southern Forests<br>Pink Lady apple, quartered,<br>cored & sliced |
| salt flakes & freshly<br>cracked black pepper |   |
| 2 sml parsnips, peeled                        | 200 g goats cheese, thickly sliced  |

## METHOD

Preheat oven to 180°C. Slice the beetroot thinly, lie evenly on a baking tray and drizzle over a little macadamia oil. Roast in the oven for 10 – 15 minutes until crispy around the edges. Toast the hazelnuts on a separate baking tray in the oven for 10 minutes until golden. Rub the skins off and roughly chop. Whisk the 3 tbsp macadamia oil, apple cider vinegar, mustard and sugar together in a small bowl with salt and pepper. Using a vegetable peeler cut the parsnips into ribbons. Toss together with the remaining ingredients except the apple slices, goats cheese and a little of the hazelnuts in a large bowl with half the dressing. Layer the salad mixture with the roasted beetroot slices, Pink Lady apple slices and goats cheese and garnish with the remaining dressing and toasted hazelnuts. Serve with freshly cracked black pepper.



## **PINK LADY** APPLE WRAPS

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# PINK LADY APPLE WRAPS

*With Brie, Jamón and Witlof*

*(Serves 4 as a snack)*



## INGREDIENTS

- |                                    |                              |
|------------------------------------|------------------------------|
| 1 witlof or baby Cos lettuce heart | 100 g Jamón or Prosciutto,   |
| 1 Genuinely Southern Forests       | thinly sliced                |
| Pink Lady apple, quartered,        | 1 tsp lemon thyme leaves     |
| cored & sliced                     | freshly cracked black pepper |
| 200 g Brie, sliced                 |                              |

## METHOD

*Lay a piece of Brie and 2 slices of Pink Lady apple on top of a witlof leaf. Wrap with a slice of Jamón and serve garnished with a little lemon thyme and freshly cracked black pepper.*

