



Greenmarket Recipe Series

**Natural
Gourmet
Institute**

SAUTÉED APPLES WITH APPLE CIDER REDUCTION

Recipe by Natural Gourmet Institute

YIELD: 8 SERVINGS

Ingredients:

4 cups apple cider*

2 tablespoons unsalted butter*

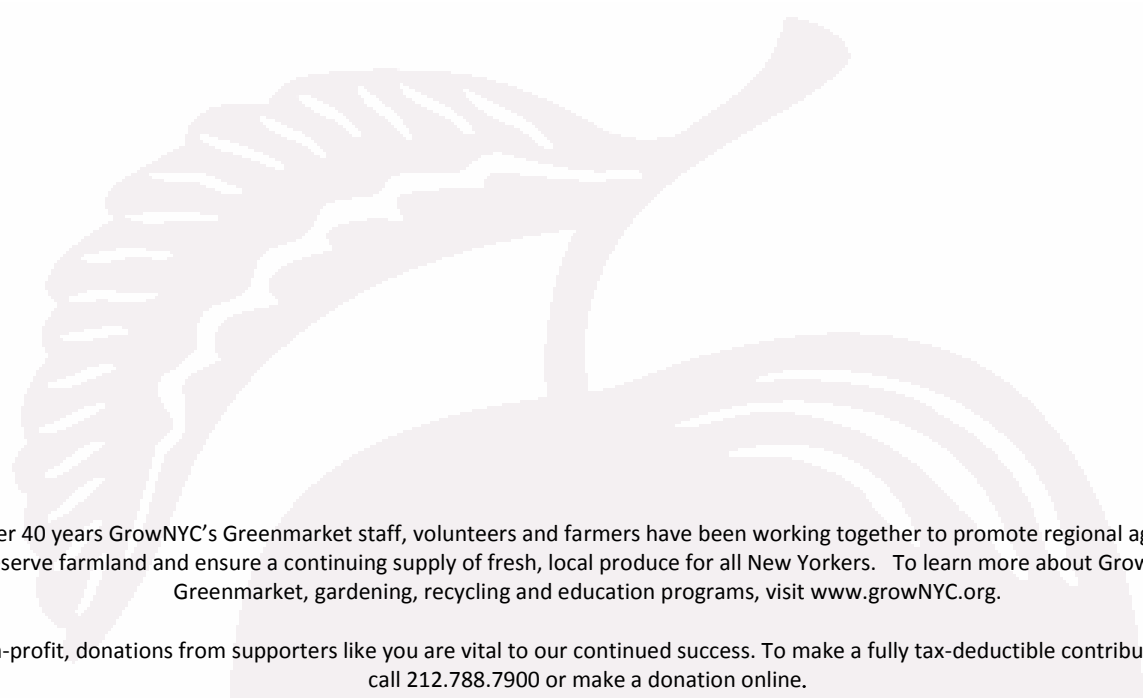
4 apples* (golden delicious, Braeburn, Gala and/or Empire), peeled, cored, and sliced

Pinch of sea salt

Procedure:

1. Pour apple cider into a large skillet. Bring to a boil and cook over high heat, uncovered, until it has reduced to 1 cup in volume. Reduction should be thick enough to coat the back of a spoon.
2. While cider is reducing, melt butter in another skillet over medium heat. Add apples and salt and sauté until tender-crisp, about 7 minutes.
3. Serve apples warm and top with reduction.

****Ingredients available seasonally at your neighborhood Greenmarket***



For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit www.growNYC.org.

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