

## INVITING IDEAS

# Season brings sensational cider



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When our family lived in downtown Franklin, cider season filled me with the expectation of fall and the smell of cool-crisp apples, and hot cinnamon doughnuts that always permeate The Franklin Cider Mill. Along with these feelings came mild to intense resentment —

depending on how many "tourists" were parking on our front lawn!

With cider season upon us, it's not hard to get in the mood. I can always pop over to nearby Franklin Cider Mill and visit with Jack Peltz (the delightful owner who after all these years, is still there about 18 hours a day while the season is on) and discuss just about anything, or just stop in to pick up: caramel and candied apples, a freshly made apple pie, fresh apples, a Hickory Farms beef stick, a wedge of cheese, maple syrup, honey butter, honeycomb suckers, jams, or just the usual — cider and doughnuts.

About 930 million pounds of apples come right from our own state of Michigan. There are so many things you can do with cider — some of my favorites

are:

- Make a hot mulled cider to serve at homecoming games, tailgates and for brisk evenings (it not only tastes wonderful, it makes your house wonderfully fragrant)

- Make a cider sorbet

- Freeze fresh cider so you can have it all year round (just make sure your gallons are not filled to the very top!)

- Warm some cider and serve instead of tea

- Add cider to your favorite tea and make a fruity hot drink

- Serve well chilled cider with a bag of popcorn (the combination of the sweet and salty is delicious!)

- Poach chicken or turkey in cider

- Use cider as a base in sauces for all kinds of fowl — especially wild game birds

- Use cider as a liquid ingredient in making a bread-type stuffing — even cornbread!

- Make a cream cheese frosting using cider (make sure you reduce the cider first by boiling it until thick and letting it cool)

- Use apple cider in dressings for salads (especially good with spinach)

- Splash some cider on Swiss chard, sorrel or spinach while sauteing it

- Poach dried fruits in apple cider

- Add cider to bread, muffin and cookie recipes as part of the liquid ingredients

- Freeze cider in an ice cube tray and add to your favorite fruit punch

- Use cider as an ingredient in barbecue sauce.

Last year, at one of the Weight Watchers Healthy Gourmet Cooking Series Programs, Matt Prentice (The Unique Restaurant Corporation) prepared a delicious Apple Grilled Turkey with Cider Sauce recipe — it was one of those recipes you hang on to! This recipe can take up to a week to marinate — allow yourself enough time.

## APPLE GRILLED TURKEY WITH CIDER SAUCE

Yield: 8 servings  
8 (4-ounce) skinless, boneless breasts of turkey

1 1/2 quarts fresh Michigan apple cider

Marinade:

2 tablespoons mustard seed

8 ounces apple cider

6 ounces cider vinegar

4 ounces apple j&ck brandy

1 ounce sugar

2 teaspoons fresh thyme

1 tablespoon fresh rosemary

1 tablespoon chopped garlic

2 ounces corn oil

1 tablespoon kosher salt

Combine mustard seed, apple cider, cider vinegar, apple jack brandy, and sugar in a stainless pan (not aluminum) and bring to a boil; simmer until reduced by half. Cool to room temperature.

Add herbs, garlic, oil and salt to cooled mixture. Put turkey in stainless steel container. Cover with marinade. Marinate for a minimum of four days (Chef Matt suggested 7 days when he was doing this recipe), turning occasionally.

## APPLE CIDER SAUCE:

Boil 1 1/2 quarts fresh Michigan apple cider at high heat until reduced thick enough to coat the back of a spoon.

## To finish turkey:

Drain the turkey breasts of marinade (slice against the grain). Sear on a hot grill; then bake in a 200-220 degree F oven for 20 minutes or until cooked through (internal temperature should be at 160 degrees F).

Garnish with 1 tablespoon Apple Cider Sauce and a sprig of fresh thyme.

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