



# News Release

## **When Entertaining Jitters or Recipe Disasters Threaten to Steal the Holiday Spirit, Simpler “Stand-by” Dishes, Ingredients Save the Day**

*Cookbook author Robin Asbell provides recipes and ingredients that are “easy as apple pie”*

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Vienna, VA - Nothing can stir up a bad case of hostess heartburn more than a failed recipe in the critical moments before guests arrive for dinner. That sagging soufflé, scorched soup or over-salted sauce can cause a panic until the solution becomes clear: a simple, reliable “stand-by” recipe.

According to an online consumer survey conducted by Kelton Research, more than two in five (44%) Americans who’ve prepared holiday dishes have experienced a food emergency and swapped out the doomed dish for a simpler recipe at the last minute. U.S. apples and apple products can be the simple, go-to ingredients for those times of recipe mishaps, suggests the U.S. Apple Association ([www.usapple.org](http://www.usapple.org)).

“The kitchen can be a stressful place, especially when preparing a big meal that loved ones are eagerly anticipating,” says apple aficionado Robin Asbell, author of *New Vegetarian: More Than 75 Fresh, Contemporary Recipes for Pasta, Tagines, Curries, Soups & Stews, and Desserts* (Chronicle Books, 2009). “Relying on at least one familiar recipe, and no-fuss ingredients, can help minimize mealtime mayhem.”

U.S. apples are one such easy ingredient, she says. “Everyone should have apples in the refrigerator. They offer home cooks tremendous value, and are a snap to add to salads, sides and desserts. If the soufflé falls, you can always count on the versatile apple for backup.”

For hosts in a hurry, a simple salad inspired by Asbell’s “French Apple-Pear Salad” in *New Vegetarian* can be made in about 10 minutes.

### French Apple-Pear Salad

Serves 4

- 2 large sweet tart apples (e.g. Honeycrisp or Fuji)
- 2 large Bosc or 6 Luscious pears
- 2 ribs celery, chopped
- 2 tablespoons lemon juice
- 1/2 teaspoon vanilla extract
- 1/4 cup walnut oil or canola oil
- 1 pinch salt

3 tablespoons coarsely chopped fresh tarragon (or 2 tsp dried tarragon)  
1/2 cup walnuts, toasted  
Tarragon sprigs (optional)  
Brie or bleu cheese (optional)

1. Slice the apples and pears in half and cut out the cores. Slice them into long spears and place them in a medium bowl with the celery.
2. In a small bowl or cup, whisk the lemon juice and vanilla. Whisk in oil and salt.
3. Pour the dressing over the fruit. Add the chopped tarragon and toss to coat. Serve on individual plates topped with walnuts and garnished with tarragon sprigs and a wedge of Brie or bleu, if desired.

For a “5-minute apple pie,” Asbell suggests melting two tablespoons of butter in a large sauté pan, then slicing in four or five baking apples, and tossing them over medium heat. Cook, stirring gently, until the apples are soft, and sprinkle in sugar and cinnamon to taste. Toss and stir until the sugar is dissolved, and serve warm. “Over a slice of pound cake, a scoop of ice cream, or layered with yogurt in a parfait glass, you'll get all the pleasure of apple pie in no time.”

Versatile, colorful, nutritious and prevalent, apples are must-have ingredient for entertaining. “When it’s time to impress your guests, apples have you covered,” Asbell concludes.

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**Note to Editors:** Asbell is available for interviews or additional apple recipes.

The U.S. Apple Association (USApple) is the national trade association representing all segments of the apple industry. Members include 40 state and regional apple associations representing the 7,500 apple growers throughout the country, as well as more than 400 individual firms involved in the apple business. USApple's mission is to provide the means for all segments of the U.S. apple industry to join in appropriate collective efforts to profitably produce and market apples and apple products.

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