

OREGON FAVORITES

**My Personal Food Journey
By Cody Fort**

APPLES: A CHILDHOOD FAVORITE



Ever since I was very young, I remember loving apples. They seem to always hit the spot when I am hungry and come in so many delicious varieties.

After looking into it, it looks like apples originated from what is now known as Kazakhstan.

Did you know that there are over 7,500 apple varieties! This surprised me considering 90% of US apple sales come from just 11 varieties.

HOMEMADE APPLESAUCE

When I was in elementary school, one of the teachers would make applesauce from scratch in her classroom every fall. I remember the smell of the warm apples and cinnamon would fill the halls.



BASIC APPLESAUCE

- 5 pounds apples combination of McIntosh, Golden Delicious, Granny Smith, Fuji, and Jonathan
- 1 cup water
- 2 tablespoons lemon juice
- 1 3-inch cinnamon stick

- Peel, core, and slice apples into small chunks. Transfer to a large saucepan or pot.
- Add in water, lemon juice, and cinnamon stick. Bring to a boil over high heat and then reduce the heat to low. Cover and let simmer 20-30 minutes until apples are soft.
- Puree using a blender, food processor, or immersion blender for a smoother applesauce.

THE VERSATILE HAZELNUT

I have spent my whole life living in Portland, Oregon, but my family is originally from Eastern Europe. A vegetable that I found that connects both of these places is the hazelnut.

These delicious nuts are Oregon's state nut and are most famously known for making a delicious sweet spread.



SAVORY AND SWEET

We all know that hazelnuts make delicious desserts such as cookies and spreads.

I wanted to find a recipe for hazelnuts that was more on the savory side since most of us only eat these nuts as a sugary treat.



KALE BASIL HAZELNUT PESTO

- 1 bunch kale
 - 1 bunch basil
 - 4 cloves garlic
 - 1/4 cup toasted hazelnuts
 - 1/2 cup extra virgin olive oil
 - sea salt and fresh ground black pepper to taste
-
- Strip kale leaves off stems and wash well. Bring pot of water to a boil and blanch kale leaves for 30 seconds; remove to a bowl of cold water to cool down. Squeeze kale dry with hands. Place kale, basil, garlic and hazelnuts in food processor. Process, adding oil through feeder tube, until mixture is finely ground. Season to taste with salt and pepper.

