



THE WEDNESDAY CHEF

Gluten-Free Apple Butter Loaf Cake

Makes one 9-inch loaf cake

1 cup/130 grams all-purpose gluten-free flour blend

½ cup/60 grams oat flour

1 teaspoon baking soda

1 teaspoon ground cinnamon

½ teaspoon ground allspice

¼ teaspoon freshly grated nutmeg

½ teaspoon fine sea salt

½ cup/120 milliliters vegetable oil

½ cup/100 grams granulated sugar

2 large eggs, at room temperature

1 ½ teaspoons vanilla extract

¾ cup/180 milliliters apple butter (see below)

¼ cup/60 milliliters plain yogurt

1 1/2 tablespoons turbinado sugar, or to taste

1. Heat the oven to 350 degrees F (180 Celsius) and line a standard (9-by-5-inch) loaf pan with parchment paper. In a medium bowl, whisk together the all-purpose flour, oat flour, baking soda, cinnamon, allspice, nutmeg and salt to combine. Set aside.

2. In a large bowl, whisk the oil and sugar until well combined. Add the eggs one at a time and whisk well after each addition to incorporate. Whisk in the vanilla extract.

3. Add the flour mixture and stir just to combine. Add the apple butter and yogurt and mix well to incorporate. Pour the batter into the prepared loaf pan and smooth the top. Set aside to rest for 8-10 minutes.

4. Sprinkle the surface of the loaf generously with turbinado sugar. Bake until a toothpick inserted into the center comes out clean, 45 to 55 minutes. Let cool for 20 minutes in the pan, then, using the parchment paper as a sling, pull the cake out onto a rack to cool completely before slicing and serving. The cake, loosely wrapped with plastic wrap, will last at room temperature for five days.

Apple Butter

Makes 4 or 5 8-ounce jars

4 pounds/1.8 kilos apples, peeled, cored and cut into bite sized chunks

Roughly 1/2 gallon/1.8 liters apple cider

1 1/4 cups/250 grams sugar

1 teaspoon cinnamon

Scant 1/2 teaspoon cloves

Juice of one lemon

1. Heat oven to 225 F/110 C and place clean glass jars (but not lids) on the baking racks. Jars will need to stay in the oven for at least 20 minutes. Wash the lids with hot water and let them dry completely on a clean towel.

2. In a big, heavy pot over medium heat add the apples and enough apple cider to just cover the apples. Bring to a simmer. A bit of a foam will form, you want to skim that off a couple of times. Cook the apples until they are tender throughout, roughly 20-30 minutes. Take the apples off the heat, let them cool for a couple minutes, and then puree with an immersion until completely smooth. The puree should be the consistency of a thin applesauce.

3. Put the puree back in the big pot over medium heat. Bring puree to a simmer. Then, while stirring, slowly sprinkle in the sugar, cinnamon, cloves, and lemon juice. Continue to simmer over medium/med-low heat for 1 to 2 hours, stirring regularly, until thick and dark. Towards the end, the mixture will pop and spatter as it cooks, be careful not to hurt yourself, as it is extremely hot. Remove from heat.

4. Using tongs, carefully remove each jar from the oven and fill to within 1/4 inch of the top with the apple butter. Wipe off rims with a clean dry paper towel. Place a dry lid on each jar and close tightly. Turn the jars upside-down and let cool completely. The apple butter will keep in a cool place for up to a year. Once opened, the apple butter should be stored in the fridge and consumed within a few weeks.