

pepper: black, Szechuan
 pineapple
 plums, esp. poached
pork
 poultry
 pumpkin
 raspberries
 root vegetables
 salmon
 sauces
 scallions
 scallops
 shellfish
 shrimp
soups
 soy sauce
 stews
stocks: beef, chicken
 sweet potatoes
 tamarind
 teas
 tuna
 turmeric
 vanilla
 vegetables, esp. root
Vietnamese cuisine (e.g., pho)
 wine, rice

Flavor Affinities

star anise + cream + maple
 star anise + milk + milk chocolate
 + orange zest + sugar
 star anise + pork + soy sauce +
 sugar

APPETIZERS

Tips: Saltiness stimulates
 appetite.

Serve small portions so as not
 to satiate the appetite too early in
 a meal.

Accompany appetizers with
 light-bodied wines.

Dishes

Insalata A Voce: Green Apple, Marcona Almonds, Watercress, Pecorino
 — Andrew Carmellini, A Voce (New York City)

**Apple and Eggplant Croûte with Apple Butter, Cranberry Compote, and
 Lemon-Poached Apples**
 — Dominique and Cindy DUBY, Wild Sweets (Vancouver)

Apple Softcake with Dark Chocolate and Cinnamon Soup
 — Dominique and Cindy DUBY, Wild Sweets (Vancouver)

Sautéed Apples, Olive Oil Sponge, Maple-Brown Butter Ice Cream
 — Johnny Iuzzini, pastry chef, Jean Georges (New York City)

Poached Granny Smith Apples, Wildflower Honey, and Belgian Endive Leaves
 — Thomas Keller, The French Laundry (Yountville, California)

Apple-Lychee Sorbet
 — Michael Laiskonis, pastry chef, Le Bernardin (New York City)

Caramelized Apple Sundae with Butter Pecan Ice Cream
 — Emily Luchetti, Farallon (San Francisco)

Warm Granny Smith Apple Tart with Buttermilk Ice Cream
 — Patrick O'Connell, The Inn at Little Washington (Washington, Virginia)

APPLES

Season: autumn

Taste: sweet, astringent

Function: cooling

Weight: medium

Volume: quiet-moderate

Techniques: bake, caramelize,
 deep-fry (e.g., as fritters), grill,
 poach, raw, sauté, stew

allspice
 almonds

