

A WRITER IN THE KITCHEN

with MK McClintock

I got the idea for a maple bread from Williams-Sonoma, however their recipes are usually too bland for my tastes, so I experimented a bit and am pleased with the results. The only thing I would have done differently is run the apples through a food processor or chopped more finely than I did.



Apple Maple Pecan Bread

Yield: 2 loaves

- 3 1/2 cups bread flour
- 4 tsp baking powder
- 2 tsp baking soda
- 1 tsp salt
- 12 Tbs (1 1/2 sticks) unsalted butter, room temp.
- 1 cup *pure* maple syrup

- 2 cups light sour cream
 - 2 large eggs
 - 1 tsp nutmeg
 - 1/2 tsp allspice
 - 4 cups (about 4 count) Braeburn apples, very finely chopped
 - 1 cup pecans, chopped
1. Preheat oven to 350F; grease two loaf pans with baking spray; move racks to middle of oven.
 2. In a medium bowl, using a whisk combine flour, baking powder, baking soda, salt, nutmeg and allspice until well blended and free of clumps. Stir in the chopped pecans.
 3. Using the whisk attachment with an electric mixer, beat the butter until smooth; slowly add the syrup, whisking constantly until well combined.
 4. Whisk in the sour cream and egg; scraping down the sides and continuing to whisk on medium speed for about two minutes.
 5. Fold in the apples; add the flour mixture and stir just until blended.
 6. Note: the batter will be thick and heavy.
 7. Spoon into the prepared pans and bake for approx 50 minutes or until done - Do not over bake!
 8. Cool on racks for 20 minutes; remove from pans and cool completely before storing.