

NYBG

HONEY & HARVEST WEEKEND

HONEY PUMPKIN AND SUNFLOWER SEED GRANOLA

with Lavender-Infused Honey served with Apple-Pear and Tri-Berry Compotes
Prepared by Blue Apron

Ingredients

Granola

- 1 pint steel-cut rolled oats
- ½ cup pumpkin seeds
- ½ cup sunflower seeds
- ¼ cup coconut oil
- ⅛ cup honey syrup
- ⅛ cup honey
- ½ cup dried cherries
- ½ teaspoon cinnamon
- ½ teaspoon salt

Honey

- 1 cup honey
- 2 tablespoons dried lavender

Apple-Pear Compote

- 3 cups peeled apples, cut into 1-inch cubes (preferably Granny Smith)
- 3 cups peeled pears, cut into 1-inch cubes
- ¼ cup honey
- ½ teaspoon vanilla extract
- 1 cinnamon stick
- ⅛ teaspoon ground cardamom
- ½ cup apple cider

Tri-Berry Compote

- 1 pound mixed berries (strawberries, blueberries, raspberries, blackberries)
- 1 teaspoon lemon zest
- 3 tablespoons honey
- 1 teaspoon ginger, grated

Presented by



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KitchenAid



Instructions

Granola

Preheat oven to 325°F. In a saucepan over medium-high heat, bring honey and honey to a simmer. Turn off heat, and stir in coconut oil to melt. Combine the oats, pumpkin seeds, sunflower seeds cinnamon, and salt in a large bowl. Pour honey-coconut oil over the dry mixture. Stir until everything is coated. Pour mixture onto a small baking sheet in an even layer and bake 15 minutes. Flip with a spatula, and cook another 12 to 15 minutes or until golden brown. Remove from oven and stir in cherries. Let cool on a resting rack.

Honey

Pour the honey into a medium, heavy saucepan and place over medium heat. Be sure to use a large enough pot because the honey can easily boil over. Add in the dried lavender and let the honey come to a boil. Let the honey boil for about 5 minutes to let the lavender infuse, then remove from the heat. Pour the honey through a mesh sieve into a heat-proof container. Allow the honey to cool, uncovered, until room temperature, at least 1 hour.

Apple-Pear Compote

In a large pot, combine the apples, pears, honey, vanilla, cinnamon stick, cardamom, and apple cider. Bring to a boil; reduce the heat to a simmer. Cover and cook for 30 minutes. Remove the lid and continue cooking until the liquid has reduced and the fruit is tender, about 30 minutes. Discard the cinnamon stick. Let cool completely before serving.

Tri-Berry Compote

In a medium saucepan, combine the berries, zest, honey, and ginger. Cook on medium heat, stirring occasionally, 10 to 12 minutes, or until the berries have softened and released their juices. Let cool completely before serving.