

Crisp apple cider adds flavor boost to pancakes, perfect for fall

By Susie Iventosch



Apple Cider Pancakes

Photos Susie Iventosch

It's definitely apple season, and with that comes delicious apple cider. One of my favorite childhood memories is my mom giving us powdered sugar donuts and fresh local apple cider for after school snacks during the fall. She was that mom who always made us breakfast ... every single day, and always had fun and exciting snacks waiting for us after our walk home from the school bus. Those are such fond memories! To this day, even though I rarely eat donuts, if I had to pick one after school treat, it would be those powdered sugar donuts and apple cider.

Apple cider and apple juice are not the same thing. In fact, they both start with apples, but where cider is generally pure 100% raw, unpasteurized and unfiltered juice, (and therefore more seasonal), apple juice is mostly made from a concentrate. The water content along with the natural pectin and fibers are filtered out during the concentration process, with the

result being less nutritional value as well as less flavor. Then to make juice, the water is added back to the concentrate often along with artificial flavors and coloring, corn syrup and preservatives. Natural unfiltered apple juice is more or less the same thing as apple cider, and will have a more intense apple flavor, like cider. If you cannot find apple cider, try to find natural, unfiltered apple juice and if you cannot find that, you can use apple juice, but add some puréed or finely diced apple to the pancake batter to give a flavor boost.

I recently guided a bicycle tour in Northern Idaho and one of the inns where we stayed specializes in apple cider pancakes. They really were delicious, and, naturally, I decided to try them at home. Instead of the apple glaze they served, I opted to caramelize apples in brown sugar, butter and apple juice, and spoon that over the top of the pancakes. It was delicious and the flavor reminded me of a good

tarte tatin — the quintessential French caramelized apple pie! As the apples cook down and caramelize in the butter and brown sugar, it creates a syrupy sauce that can be drizzled over the pancakes in place of syrup.



Apple Cider Pancakes

(Serves 4)

INGREDIENTS

1 1/2 cups all-purpose flour
4 tsp. baking powder
2 tbsp. light brown sugar
1/4 tsp. salt, or more to taste
1/4 tsp. cinnamon
1/4 tsp. cardamom
1 1/4 cups apple cider (or unfiltered natural apple juice)
3 tablespoons melted butter, or canola oil
1 egg
1 tsp. vanilla
1 tsp. cider vinegar
Topping
2 medium apples (I use Honeycrisp), core removed and cut into small bite-sized chunks. (Keep skins on the apples for color, flavor and nutritional value.)
4 tbsp. brown sugar
2 tbsp. butter
1/4+ cup apple cider

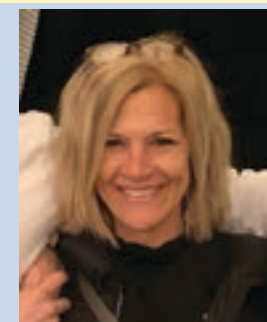
DIRECTIONS

In a medium mixing bowl, combine flour, baking powder, salt, cinnamon and cardamom. Blend well with a whisk or fork. Set aside.

In another smaller bowl, blend apple cider, egg, brown sugar, melted butter or oil, vanilla and cider vinegar. Whisk until blended. Stir these liquids into the dries and blend until incorporated. Batter will thicken as it sits. (If you add puréed or finely diced apple, add it to the liquid ingredients before blending the batter.)

Meanwhile, melt butter for caramelized apples in a large skillet. Add brown sugar and stir until bubbly. Pour apple chunks into the skillet and cook over low heat for approximate 25 minutes, stirring occasionally, until apples are caramelized. Add 1/4 cup apple cider and cook down until reduced to the thickness of syrup.

Once the caramelized apples are ready, heat oil or butter in another skillet. Cook pancakes until golden brown. Serve hot with a big spoonful of caramelized apples and the apple reduction sauce. A dollop of whipped cream or whipped cream yogurt would also be delightful on top of each pancake.



Susie can be reached at suziventosch@gmail.com. This recipe can be found on our website: www.lamorindaweekly.com. If you would like to share your favorite recipe with Susie please contact her by email or call our office at (925) 377-0977. Or visit <https://treksandbites.com>

Looking Good in Lamorinda Fun fall fashion trends

By Moya Stone

Gracing the cover of Vogue magazine this month are the four super models of the 1990s – Linda, Cindy, Naomi, and Christy – wearing the monochromatic trend for fall 2023. While “Barbie Pink” was the unofficial color of summer, the trend this season is Oppenheimer head-to-toe neutrals – beige, grey, and black. I say, why not add a touch of color to the neutrals with accessories? Such as a red scarf, a magenta handbag, or purple shoes. All black may be chic, but all black plus a pink belt is better than chic!

Other trends for the season include the loafer shoe, pleated skirts, narrow scarves, oversized everything including shirts, sweaters, and blazers. (Consider adding a wide belt to the blazer.)

We might think of fall as the season of cooler weather, but often the temps are still warm if not hot. So how does one shift into fall attire and stay cool? I do it with cotton fabrics and color. Lightweight cotton dresses, skirts and tops in autumnal shades such as

green, brown, burgundy, and dark blue are perfect for fall, but are comfortable in the heat.

Speaking of cotton, the Cotton Patch in Lafayette was recently featured in Quiltfolk, a quarterly magazine about all things related to quilting. The latest issue highlights quilt artists and businesses from all around the Bay Area. The Cotton Patch, which opened in Lafayette in 1978, is family run and the go-to shop is not just for local quilt artists, but also for seamstresses looking for novelty cotton prints, which make for unique sartorial creations.

It was a loss to the community when SewNow Fashion Studio in Lafayette closed, but luckily there's a new sewing studio in Walnut Creek. Studio Dawnatella located at 546 Ygnacio Valley Road just opened in July and offers an array of sewing and jewelry making classes for kids and adults. Proprietor Dawn King says that the class schedule includes Basic Machine Sewing, where students learn how to

use a sewing machine, as well as a hand sewing class “for the little ones who can't use the machine yet.” In other more advanced classes students can make pajama pants, circle skirt, or a fairy (tulle) skirt, which King points out is “a fun Halloween costume, or fun anytime.” As for jewelry, sign up with a friend for the Silver Spooky Halloween Pendant class or the Silver Stack Ring class. Also, think ahead to the holidays and take one of the gift making classes.

King is also offering Permanent Jewelry. A popular trend in recent years, Permanent Jewelry is a piece of jewelry, usually a bracelet or necklace, with no clasp. “It's soldered on by means of a very precise welder,” explains King. And therefore permanent (but it can be easily removed with a pair of kitchen shears). “People many times choose to get one with a partner or child as a symbolic piece of jewelry,” says King. Find out more about Permanent Jewelry and all the classes at Studio Dawnatella on the website: studiodawnatella.com.



Photos provided

“D.V.” by Diana Vreeland

natella.com.

My favorite reads are fashion memoirs because each one is a unique peek into the inner workings of the fashion industry. I recently reread “D.V.” by Diana Vreeland (Knopf Inc.), fashion editor at Harper's Bazaar magazine in the 1930s, then editor-in-chief of Vogue magazine until she was unceremoniously let go in 1971. Undeterred, the flamboyant Vreeland soon moved on to become consultant to the Costume Institute of the Met-



Make a set of three Stacker Rings at Studio Dawnatella.

ropolitan Museum of Art. Vreeland's memoir was first published in 1984 and is akin to an evening of theater. Her writing style is informal and chatty, as if she's sitting in front of you sipping champagne while sharing her extraordinary life. The travel, the people, the parties, the fashion are all presented in vivid detail, and embellishment. She spills the tea about the fashionables of the day – Chanel, Balenciaga, Wallis Simpson and the Prince of Wales among many others. It's an entertaining, informative, and sometimes shocking read, but also an important contribution to fashion history.

Embrace the colors of autumn and go forth in style.

Moya Stone is a fashion writer and blogger at www.overdressedforlife.com.

Author event to focus on helping students find ‘true north’

The Campolindo Diversity, Equity, Inclusion and Belonging (DEIB) committee will be hosting an author event with Tim Klein – an award-winning urban educator, clinical therapist, and school counselor on Oct. 11. Klein, together with Belle Liang – a professor of Counseling Psychology in the Lynch School of Education and Human Development at Boston College – developed True North, a curriculum and web-based application for creating purpose profiles to be used in schools and universities.

Klein and Liang are the authors of “How to Navigate Life: The New Science of Finding Your Way in School, Career, and Beyond,” which offers a framework and set of questions to find kids’ “true north” – what really turns them on in life, and how to harness the

core qualities that reveal this, allowing them to choose a course of study, a college, and a career.

“Many of our families are focused on getting into the most competitive colleges and universities. While this is not a negative pursuit, I think students could use guidance on the deeper work of thinking about finding their purpose in life,” Campolindo Principal Pete Alvarez said. “My hope is that students are signing up for classes and activities that they find interesting, that bring them joy, which personally resonate, and that foster growth. But this is not always the case and often leads to students just ‘doing school’ and not discovering the joy of being a learner.”

Dr. Paul Espinas has seen an increase in anxiety and de-

pression and other mental health issues for teens. “I would hope that students engage in work and activities that fit their values and purpose,” he said. “Also, there are many different pathways to having a fulfilling, successful life.”

Alvarez says some families and students are experiencing greater pressure to get into and afford college. “The most competitive schools market their low acceptance rates and increases the performance anxiety for students. Having a myopic view that college is the only pathway to success leaves many students blind to the multitude of possibilities in life. For students who do chose different pathways in life, this can lead to a feeling of marginalization and failure, which couldn't be further from the truth.”

DEIB Co-Chair Anne Murrin hopes this event teaches students that “they matter for who they are, and not what for they do, get to know themselves/their values and make personally relevant decisions.”

The event will be held at the Campolindo Performing Arts Center at 7 p.m., Wednesday, Oct. 11 and is open to the public. Doors open at 6:30 p.m.

– J. Wake

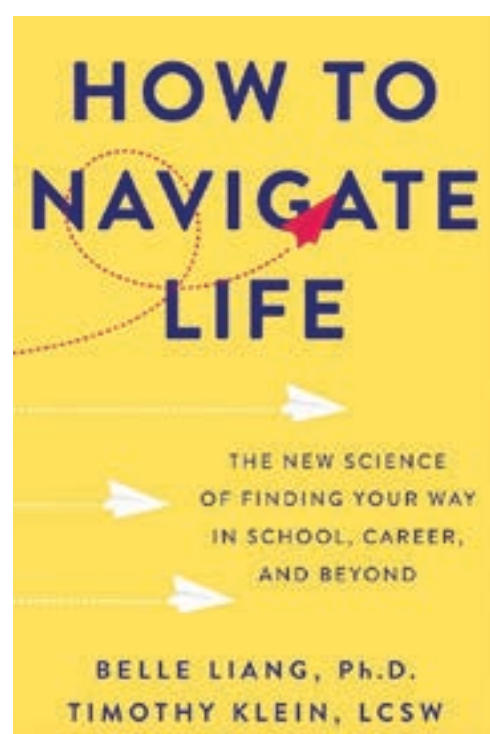


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