

THE LOVE APPLE WINTER 2017

LA POMME D'AMOUR (THE LOVE APPLE), THE NAME THE FRENCH ADORINGLY GAVE THE TOMATO IN THE 16TH CENTURY,
IS A NORTHERN NEW MEXICAN RESTAURANT EMPHASIZING REGIONAL ORGANIC HOME COOKING. WE BELIEVE IN
PROVIDING THE COMMUNITY WITH A COMFORTING SPACE TO SHARE NATURAL WHOLE SUSTENANCE.
ALL PRODUCTS ARE ORGANIC IN NATURE, REGIONAL IN SOURCE & PREPARED FROM SCRATCH.

SANGRE DE CRISTO FLOUR TORTILLAS
WITH HARISSA, HOMEMADE CRÈME FRAÎCHE & CILANTRO LIME RELISH
5

BUTTERMILK YELLOW AND WHEAT-FREE BLUE CORNBREAD
WITH SWEET AND SAVORY SEASONAL BUTTERS
7

CARAMELIZED ONION AND APPLE QUESADILLA
WITH LOCAL ASADERO AND BLUE CHEESES, SERVED WITH CHIPOTLE ORANGE CRÈME FRAÎCHE
8

THREE MUSHROOM PÂTÉ
HOUSE MADE PÂTÉ SERVED WITH LOCAL ARUGULA, PARMESAN REGGIANO,
TRUFFLE OIL AND BRUSCHETTA
12

GRILLED VENISON SAUSAGE
WITH WHOLE GRAIN MUSTARD AND BALSAMIC BRAISED CABBAGE
11

GRILLED ENDIVE AND LEEKS
WITH TANGY CAPER VINAIGRETTE, BACON, PARMESAN CHEESE,
& FRIED FARM EGG
11



SIMPLE SALAD
LOCAL GREENS TOSSED WITH RED WINE DIJON VINAIGRETTE
AND PARMESAN CHEESE, TOPPED WITH AN OLIVE TAPENADE TOPPED CROUTON
9

RAW BEET, AVOCADO, AND SOUTHWEST RUBY GRAPEFRUIT SALAD
WITH CITRUS VINAIGRETTE AND FRESH MINT
9

LOCAL GREEN SALAD WITH POMEGRANATE, PECANS & WARM GOAT CHEESE
TOSSED WITH CITRUS VINAIGRETTE AND FINISHED WITH TAOS HONEY
10

***Mucho Amor* to our northern New Mexican: farmers, ranchers, beekeepers and cheese makers!**

Salad Greens ~ Morningstar Farm, Copper Pot Farms, talpa gardens & Las Aguas Farm

Grass Finished Beef ~ Silver Falls Farm **Lamb** ~ Shepherd's Lamb

Goat Cheese ~ Arroyo Seco Chèvre **Flour** ~ Sangre de Cristo **Cornmeal** ~ Santa Ana Pueblo **Honey** ~ Simply Honey

SEASONAL SOUP
CUP 6 BOWL 9

HOMEMADE BAKED TAMALES AND OAXACAN STYLE MOLE
LOCAL SAUTÉED GREENS AND SWEET CORN BAKED TAMALES
TOPPED WITH OUR RED CHILE MOLE
FINISHED WITH A FARM FRESH FRIED EGG AND CRÈME FRAÎCHE
17

GRILLED RUBY RAINBOW TROUT
WRAPPED IN CORN HUSKS WITH LIME COMPOUND BUTTER,
TOPPED WITH CHIPOTLE CRÈME
SERVED WITH A QUINOA-PIÑÓN FRITTER & CILANTRO LIME RELISH
17

PASTURED PORK RED CHILE MESQUITE ENCHILADAS
BRAISED LOCAL PORK WITH MESQUITE RED CHILE SAUCE,
ASADERO CHEESE & KALE
SERVED IN AN IRON SKILLET AND TOPPED
WITH CRÈME FRAÎCHE AND GUACAMOLE
16

LOVE APPLE TACOS:
CHICKEN CONFIT OR FRIED AVOCADO OR BRAISED GRASS FINISHED BEEF
WITH CABBAGE ORANGE SLAW, PEPITAS AND GREEN CHILE CRÈME FRAÎCHE
IN OUR HOMEMADE FLOUR TORTILLAS
SERVED WITH GREEN CHILE COCONUT CREAMED CORN
16

BRAISED LAMB SHANK
LOCAL SHEPHERD'S LAMB FORE SHANK SERVED WITH STEWED LOCAL BOLITA BEANS AND TOMATOES,
TOPPED WITH WINTER SQUASH CALABACITAS AND CHIMICHURRI SAUCE
24

QUAIL EN NOGADA
WILD QUAIL STUFFED WITH GREEN CHILE, FETA CHEESE AND QUINOA,
SERVED WITH A CREAMY NOGADA WALNUT CRÈME FRAÎCHE SAUCE,
CILANTRO AND POMEGRANATE SEEDS
18

On the side

Sautéed greens with cinnamon and pecans 5
Roasted squash with butter and honey 5



The love apple is housed in a 100 year old church once known as the Placitas Chapel.

We proudly serve an 85%-95% organic menu. We source exclusive grass-fed and finished beef & wild game. We do this because it is proven to be healthier for both the animal and for the human, to support our local food system and to honor the environmental sustainability of grass fed animals. We source carefully and know this meat to be delicious and decidedly different than corn fed meat. It is undoubtedly leaner. We highly recommend ordering this meat medium-rare. We hope that you may taste this meat without comparing it, it really is a different product altogether. Please enjoy our local bounty! The love apple is a cash and check only establishment. *Please no separate checks.*

Torts ~ 4
Cb ~ 5
Ques ~ 8
Pate ~ 12
Veni ~ 11
Endive ~11

Simple ~ 9
Beet ~ 9
Fruit ~ 10
Spin ~ 12

CUP SOUP ~ 5
BOWL Soup ~ 8

Trout ~17
Ench ~16
Tamale ~ 17
Beef/chix/veg Tacos ~ 16
Shank ~ 22
Quail ~ 18/II~26

Side greens ~ 5
Side squash ~ 5
Side Veni ~ 8

Lamb fore shank: Definition: a cut of lamb taken from either the shoulder (fore shank) and arm of a lamb or the upper part of the leg (hind shank). The fore shank will include part of the shoulder, as well as part of the leg, while the hind shank will include only part of the rear leg. Lamb shanks have a paper-thin membranous covering and a thin layer of fat. While a lamb shank is leaner than the sirloin part of a lamb, the meat can be tough. This cut of lamb is often braised or roasted.

Confit: (French, pronounced [kɔ̃fi] or in English "con-fee") is a cooking term for when food is cooked in grease, oil or sugar water (syrup), at a lower temperature than deep frying. While deep frying typically takes place at temperatures between 325 (163°C) and 450°F (232°C), confit preparations are done much lower—an oil temperature of around 200°F (93°C), sometimes even cooler.

Although the term is usually used in modern cuisine to mean long slow cooking in oil or fat, the term "confit" means "preserved". In meat cooking this requires the meat to be salted as part of the preservation process. After salting and cooking in the fat, sealed and stored in a cool, dark place, confit can last for several months or years. Confit is one of the oldest ways to preserve food,[citation needed] and is a specialty of southwestern France.

Braised: (from the French word, "braiser") is a combination-cooking method that uses both moist and dry heats: typically, the food is first seared at a high temperature, then finished in a covered pot at a lower temperature while sitting in some (variable) amount of liquid (which may also add flavor). Braising of meat is often referred to as pot roasting, though some authors make a distinction between the two methods, based on whether additional liquid is added.

Braising relies on heat, time, and moisture to break down the tough connective tissue (collagen) that binds together the muscle fibers collectively called meat, making it an ideal way to cook tougher, more affordable cuts. Many classic braised dishes (e.g., coq au vin) are highly evolved methods of cooking tough and otherwise unpalatable foods. Both pressure cooking and slow cooking (e.g., crockpots) are forms of braising.

Most braises follow the same basic steps. The food to be braised (meats, vegetables, mushrooms, etc.) is first pan-seared to brown its surface and enhance its flavor (through the Maillard reaction). If the food will not produce enough liquid of its own, a small amount of cooking liquid that often includes an acidic element (e.g., tomatoes, beer, balsamic vinegar, wine), is added to the pot, often with stock. A classic braise is done with a relatively whole cut of meat, and the braising liquid will cover 2/3 of the product while in the pan. Then, the dish is covered and cooked at a very low simmer, until the meat becomes so tender that it can be 'cut' with just the gentlest of pressure from a fork (vs., a knife

Grass finished Beef

- Grass-finished beef (sometimes marketed as grass-fed beef) comes from cattle that have been raised on a forage diet their entire lives.

- Most cattle spend the majority of their lives in pastures eating grass before moving to a feedlot for grain-finishing, grass-finished beef cattle remain on a pasture and forage diet.

- In 2006, USDA's Agricultural Marketing Service (AMS) proposed a standard for grass (forage) fed marketing claims. The proposal calls for producers to demonstrate 99 percent or more of their

animals' energy came from grass and/or forage, with the exception of milk consumed by animals prior to weaning.

- Forage is defined as any edible, non-woody plant material, other than separated grain,
- **Back to Pasture.** Since the late 1990s, a growing number of ranchers have stopped sending their animals to the feedlots to be fattened on grain, soy and other supplements. Instead, they are keeping their animals home on the range where they forage on pasture, their native diet. These new-age ranchers do not treat their livestock with hormones or feed them growth-promoting additives. As a result, the animals grow at a natural pace. For these reasons and more, grass-fed animals live low-stress lives and are so healthy there is no reason to treat them with antibiotics or other drugs.
- **More Nutritious.** A major benefit of raising animals on pasture is that their products are healthier for you. For example, compared with feedlot meat, meat from grass-fed beef, bison, lamb and goats has less total fat, saturated fat, cholesterol, and calories. It also has more vitamin E, beta-carotene, vitamin C, and a number of health-promoting fats, including omega-3 fatty acids and “conjugated linoleic acid,” or **CLA**. [Read more about the nutritional benefits of raising animals on pasture.](#)
- **The Art and Science of Grassfarming.** Raising animals on pasture requires more knowledge and skill than sending them to a feedlot. For example, in order for grass-fed beef to be succulent and tender, the cattle need to forage on high-quality grasses and legumes, especially in the months prior to slaughter. Providing this nutritious and natural diet requires healthy soil and careful pasture management so that the plants are maintained at an optimal stage of growth. Because high-quality pasture is the key to high-quality animal products, many pasture-based ranchers refer to themselves as “grassfarmers” rather than “ranchers.” They raise great grass; the animals do all the rest.
- **Factory Farming.** Raising animals on pasture is dramatically different from the status quo. Virtually all the meat, eggs, and dairy products that you find in the supermarket come from animals raised in confinement in large facilities called CAFOs or “Confined Animal Feeding Operations.” These highly mechanized operations provide a year-round supply of food at a reasonable price. Although the food is cheap and convenient, there is growing recognition that factory farming creates a host of problems, including:
 - Animal stress and abuse
 - Air, land, and water pollution
 - The unnecessary use of hormones, antibiotics, and other drugs
 - Low-paid, stressful farm work
 - The loss of small family farms
 - Food with less nutritional value.
- **Unnatural Diets.** Animals raised in factory farms are given diets designed to boost their productivity and lower costs. The main ingredients are genetically modified grain and soy that are kept at artificially low prices by government subsidies. To further cut costs, the feed may also contain “by-product feedstuff” such as municipal garbage, stale pastry, chicken feathers, and candy. Until 1997, U.S. cattle were also being fed meat that had been trimmed from other cattle, in effect turning herbivores into carnivores. This unnatural practice is believed to be the underlying cause of BSE or “mad cow disease.”
- **Animal Stress.** A high-grain diet can cause physical problems for ruminants—cud-chewing animals such as cattle, dairy cows, goats, bison, and sheep. Ruminants are designed to eat fibrous grasses, plants, and shrubs—not starchy, low-fiber grain. When they are switched from pasture to grain, they can become afflicted with a number of disorders, including a common but painful condition called “subacute acidosis.” Cattle with subacute acidosis kick at their bellies, go off their feed, and eat dirt. To prevent more serious and sometimes fatal reactions, the animals are given chemical additives along with a constant, low-level dose of antibiotics. Some of these antibiotics are the same ones used in human medicine. When medications are overused in the feedlots, bacteria become resistant to them. When people become infected with these new, disease-resistant bacteria, there are fewer medications available to treat them.
- **Caged Pigs, Chickens, Ducks and Geese.** Most of the nation’s chickens, turkeys, and pigs are also being raised in confinement. Typically, they suffer an even worse fate than the grazing animals. Tightly packed into cages, sheds, or pens, they cannot practice their normal behaviors, such as rooting, grazing, and roosting. Laying hens are crowded into cages that are so small that there is not enough room for all of the birds to sit down at one time. An added insult is that they cannot escape the stench of their own manure. Meat and eggs from these animals are lower in a number of key vitamins and omega-3 fatty acids.

- **Environmental Degradation.** When animals are raised in feedlots or cages, they deposit large amounts of manure in a small amount of space. The manure must be collected and transported away from the area, an expensive proposition. To cut costs, it is dumped as close to the feedlot as possible. As a result, the surrounding soil is overloaded with nutrients, which can cause ground and water pollution. When animals are raised outdoors on pasture, their manure is spread over a wide area of land, making it a welcome source of organic fertilizer, not a “waste management problem.”

Mole: Three states in Mexico claim to be the origin of mole: Puebla, Oaxaca, and Tlaxcala. The states with the best known moles are Puebla and Oaxaca, but other regions in Mexico also make various types of mole sauces.

Moles come in various flavors and ingredients, with chili peppers as the common factor. However, the classic mole version is the variety called mole poblano, which is a dark red or brown sauce served over meat. The dish has become a culinary symbol of Mexico’s mestizaje, or mixed indigenous and European heritage, both for the types of ingredients it contains as well as the legends surrounding its origin.

A common legend of its creation takes place at the Convent of Santa Rosa in Puebla early in the colonial period. Upon hearing that the archbishop was going to visit, the convent nuns went into a panic because they were poor and had almost nothing to prepare. The nuns prayed and brought together the little bits of what they did have, including chili peppers, spices, day-old bread, nuts, and a little chocolate. They killed an old turkey, cooked it and put the sauce on top; the archbishop loved it, when the nun was asked the name of the dish, she replied, "I made a Mole". Mole was the ancient word for mix, now this word mostly refers to the dish, and rarely is used to signify other kinds of mix in Spanish.

A similar version of the story says that monk Fray Pascual invented the dish, again to serve the archbishop of Puebla. In this version, spices were knocked over or blown over into pots in which turkeys were cooking.[2][4] Other versions of the story substitute the viceroy of New Spain, such as Juan de Palafox y Mendoza in place of the archbishop.

Modern mole is a mixture of ingredients from North America, Europe and Africa, making it the first international dish created in the Americas. Its base, however, is indigenous. Nahuatl speakers had a preparation they called mōlli (/ˈmoːli/), meaning sauce, or chīlmōlli (/t͡ʃiːlˈmoːli/) for chili sauce.[7][8][9] In the book *General History of the Things of New Spain*, Bernardino de Sahagún says that mollis were used in a number of dishes including those for fish, game and vegetables. Theories about the origins of mole have supposed that it was something imposed upon the natives or that it was the product of the baroque artistry of Puebla, but there is not enough evidence for definitive answers.

While chili pepper sauces existed in pre-Hispanic Mexico, the complicated moles of today did not. They did not contain chocolate, which was used as a beverage, and in all of the writings of Sahagún, there is no mention at all of it being used to flavor food.[12] Most likely what occurred was a gradual modification of the original molli sauce, adding more and different ingredients depending on the location. This diversified the resulting sauces into various types.[8][9] Ingredients that have been added into moles include nuts, peanuts, pine nuts, sesame seeds, pumpkin seeds, squash seeds, cilantro, seedless grapes, plantains, garlic, onion, cinnamon, and chocolate. What remained the same was the use of chili peppers, especially ancho, pasilla, mulato and chipotle, and the consistency of the sauce.[8] The true story of how mole developed may never be truly known as the first recipes did not appear until after the Mexican War of Independence in 1810. The Nahuatl origin of the name probably defines its Mesoamerican origin.

WINTER RECIPES