

indulging your passion for food

table

SEARED & SMOKY

Grilling seafood is easier than you think!

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HOW DO YOU LIKE THESE



Candy Apple Shoppe co-owners Lauren Brophy, holding a triple-play candy apple (milk, white and dark chocolate over caramel) and Leigh Petroski, holding a tray of Snicker bar pretzel rods, make 40 varieties of candy apples along with chocolate-covered pretzels, truffles and candy. The women hold other corporate jobs and devote their weekends to the shop and their adjacent Apple Valley Inn. KAREN MANCINELLI/FOR NJ PRESS MEDIA

APPLES!

Gourmet concoctions at heart of fantasy candyland

By Lorraine Ash
@LorraineVAsh

At the end of the day, a red sun sinks below the horizon in the Pochuck Valley of Sussex County. It's a sight that guests at Apple Valley Inn in Glenwood have enjoyed since the place was built in 1831.

But the lights next door at the Candy Apple Shoppe often keep burning into the night.

Since 2005, inn owners Lauren Brophy and Leigh Petroski and their staff have been burning the midnight oil. Their task? Coating their specialty selected Granny Smith apples with thick layers of caramel before dipping and rolling on decadent layers to produce 40 flavors of candy apples.

"What makes an apple tasty is the sweetness of the caramel and the chocolate with the tartness of the Granny Smith," Brophy said.

She and Petroski take their Granny Smiths seriously, working with farmers markets that order premier apples specially for the shop.

"We use only graded apples," Brophy explained, meaning the shop uses apples of the highest quality. "Even when we buy cases of apples, we rule out a third of every case."

That third, all perfectly fine apples, are either donated to schools or used for making apple squares, apple French toast and other goodies at the inn. The apples used for candying are the most perfect and hardy.

The finished products bear names such as Heath Bar apple, Snickers apple, peppermint snowball apple, pecan apple, peanut butter cup apple, and s'mores apple.

"We're in Sussex County, so we love cows," Brophy said. "So we have a brown cow apple with



A peanut caramel apple with thick chocolate and a just-dipped caramel apple. KAREN MANCINELLI/KMPIMAGES.COM

HOW TO EAT A CANDY APPLE

Sometimes people are intimidated by a Lauren Brophy apple, but Lauren Brophy, co-owner of The Candy Apple Shoppe, describes how to easily cut and enjoy one.

1. Allow the apple to come to room temperature
2. Get out a cutting board and a serious steak knife
3. Place the apple next to the stick in the apple
4. Carefully cut straight down
5. Remove the stick
6. Cut away the core
7. Place both apple halves face down on the cutting board
8. Cut the halves into slices
9. Fan out the slices on a plate and serve.

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FOOD BASKET

Crawfish and more at festival

By Chris Jordan
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Serving about 10,000 people over a weekend is not the easiest thing to do, but that's what vendors at this weekend's Michael Arnone's Crawfish Fest, Friday, June 1 to Sunday, June 3 at the Sussex County Fairgrounds, 37 Plains Road, Augusta, are facing.

"I seat around 60 in my restaurant," said Andre de Waal of Andre's restaurant and Wine Boutique at 188 Spring St. in Newton. "My freezer has ice cream in it and that's it. I'm now going to have to scale up to where I can serve thousands of portions. I hope that it's sunny that weekend and people are hungry."

De Waal, fast becoming a name on the state's restaurant scene, will be serving up pulled pork on a roll, shrimp and grits and barbecued shrimp over rice at the fest.

How about them crawfish?
"It's a lot of work," said Arnone, a native of Louisiana who founded his fest at Suntu Lake in Butler 23 years ago. "A lot of people just don't have patience — it's not like lobster where it's all meat — it takes about seven pounds of crawfish for one pound of meat."

But it's an especially good single pound of meat. Expect about 10,000 pounds of crawfish to be served up, along with lots of other Louisiana dishes over the weekend. Dr. John, Galactic, Marcia Ball, Bonerama, Terrance Simien and the Zydeco Experience, From Good Homes and more are set to perform.

Friday is for campers only. Hours are 11 a.m. to 7 p.m. on Friday and Saturday. Admission is \$40 at the gate, \$35 in advance and \$60 for Saturday and Sunday. Camping for three days is \$145 per adult. Visit www.crawfishfest.com for more information.

Farm-to-Fork fundraiser

The Foodshed Alliance of Blairstown is set to host its second annual Farm-To-Fork dinner and wine tasting 4 p.m. Sunday, June 3 at Alba Vineyard in Milford. Attendees will experience a six-course wine-pairing dinner from a few of the local lights of the north Jersey dining scene.

Participants include Chef Bradley Boyle of Salt, Gastropub and Salt Bradley Boyle; Chef Ben Del Coro, corporate executive chef of Fossil Farms in Boonton; Chef Jesse Jones of the Newark-based Chef Jesse Cuisine; Chef Dan Rothman, Whole Foods Market metrochef of northern New Jersey; Chef Dan Richer of Arturo's in Maplewood; and Diane Pinder of Donna and Company Artisanal Chocolates in Cranford.

Folkie Kathy Phillips will provide the entertainment. The event is a fundraising for the Foodshed Alliance, an organization dedicated to fostering local food systems.

Cost is \$125 a seat. Call 908-362-7967 or email info@foodshedalliance.org to reserve a spot. The vineyard is located on 269 Route 627.

Farm-to-Fork in Pottersville

The Pittstown-based America's Grow-a-Row will host a Farm-to-Fork Fundraiser 5 to 10 p.m. Saturday, June 9 at the Brady Life Camp in Pottersville. The event will showcase local food artisans and feature a sea-

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