



## NEWS RELEASE

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### **Clayton woman wins North Carolina Apple Growers Association Apple Dessert Recipe Contest at N.C. State Fair**

RALEIGH – The Cinnamon Apple Donut Delight took first place Friday in the North Carolina Apple Growers Association Apple Dessert Recipe Contest at N.C. State Fair. Christy Holland of Clayton earned \$300 for the winning recipe.

Apple Cheesecake, entered by Margaret Howard of Fuquay-Varina., received second place and \$150. Third place and \$50 went Domino Ireland of Raleigh for his Apple & Pecan Caramel Mascarpone Mousse. The judges also awarded honorable mention and \$50 Tamar McMahon of Chapel Hill for an “Apples can be a summer flavor too, gosh darn it” pie.

Each recipe had to pair apples with sweets to create a dessert, using at least two cups of apples. Recipes were judged on taste, appearance and creative use of apples.

The winning recipe follows:

#### **Cinnamon Apple Donut Delight**

1 stick (1/2 cup) unsalted butter

1/2 cup light brown sugar

1 teaspoon cinnamon

1/4 teaspoon nutmeg

1/8 teaspoon cloves

5 cups peeled, chopped apples (I prefer NC Honeycrisp, but Pink Lady or Fuji also work)

24-30 glazed cake-style donut holes, sliced in half

1. Heat oven to 400°.
2. Melt the butter in a 10-inch or 12-inch cast iron skillet over medium heat. Add brown sugar; stir until dissolved and bubbly.
3. Stir in cinnamon, nutmeg, and cloves.
4. Add apples to skillet and stir to coat with butter mixture. Simmer for 5 minutes, until crisp-tender. Remove from heat.
5. Arrange donut hole halves, cut-side down, on the top of the apple mixture, starting at the edge of the skillet and working inward until the entire apple mixture is covered.
6. Place entire skillet in the oven and bake for 15 minutes, or until donut holes turn slightly brown.
7. Remove skillet from the oven and allow to cool 5 to 10 minutes before serving. This is best served warm but may also be enjoyed at room temperature

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