

# THE JAZZ™

## APPLE SUMMER RECIPE BOOK

**10**  
fabulous healthy  
summer recipes  
inside

Created by the  
HAPPY SKIN  
*Kitchen*



**JAZZ™**

APPLE

THE JAZZ SENSATION

## Hello Everyone,

I can't tell you how thrilled I am to be writing this. Born in Bologna, Italy, but now living in London, I'm Elisa and I set up the Happy Skin Kitchen in November 2015. After arriving in London in 2008, I started to break out with hormonal acne and decided to reboot my diet in order to fix my skin. My blog details my journey towards beautiful skin.



I believe a wholefood and plant-based diet has been instrumental in improving my skin. I think it has also played a big role alongside exercise in helping my all-round health and happiness. My blog showcases recipes that will nourish your body and keep your skin happy too! All my recipes are vegan, gluten free and made with only wholesome ingredients that will literally make you glow inside and out and you will see that apples are a big part of my diet.

Being a huge JAZZ™ Apple fan since they came on the scene around 10 years ago due to my obsessed boyfriend, I was delighted when they got in touch to ask me to create some recipes to showcase the crunchy apple alongside a plant-based barbecue, al fresco extravaganza. You just can't beat outdoor eating, drinking and living in the summer so hopefully you will like and have a go at making some of these veggie-licious creations.

Best wishes

**Elisa**

HAPPY SKIN  
*kitchen*

For further details on Elisa's journey and recipes, visit her website [www.happyskinkitchen.com](http://www.happyskinkitchen.com) or follow her on Instagram @happyskinkitchen

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## JAZZ™ Apple, Watermelon & Mint Cooler

This is my favourite drink to serve at a BBQ or al fresco dinner. It's super refreshing, sweet but tangy thanks to the lime juice. If you want to turn it into a cocktail just serve with a measure of vodka.

### Ingredients (3-4 servings):

2 JAZZ™ Apples - core removed and chopped into pieces

About 1/2 of a small watermelon - peeled (don't worry about removing the seeds)

A small handful of fresh mint leaves + extra for decoration

The juice of 1 lime + extra for decoration

### Method:

This drink couldn't be simpler. Just place all the ingredients into a blender and blend until fairly smooth. Using a muslin cloth strain the juice into a large bowl (to avoid spilling everywhere).

Transfer it to a jug and add ice, mint leaves and a few slices of lime.

This drink is best served immediately. I wouldn't recommend storing it in the fridge for too long.





## JAZZ™ Apple, Orange and Turmeric Tonic

Literally a ray of sunshine in a glass! Naturally sweet from the JAZZ™ Apples and oranges and with the warm note of the fresh turmeric it is just the perfect summer drink that's packed with goodness! I love drinking it with plenty of ice and a dash of sparkling water.

### Ingredients (3-4 servings):

2 JAZZ™ Apples - core removed and cut into chunks

1 orange - peeled, seeds removed and chopped into pieces

1/2 lemon - seeds removed and peeled

A thumb size of ginger - peeled

A small piece of fresh turmeric - peeled

### Optional:

You can serve this juice with a splash of sparkling water

### Method:

If you have a juicer just juice all the ingredients and serve with plenty of ice and some sparkling water if using.

If you don't have a juicer just place all the fruit into a blender, blend for few second until fairly smooth. Strain the juice through a muslin cloth. Both methods work perfectly well!

You can store the juice in an airtight jar or bottle for a few hours but it's definitely best to drink straight away.





## JAZZ™ Apple Courgetti Salad With a Tahini Dressing

This is one of my favourite summer salads as it's so crunchy, fresh and full of delicious flavours. It's ideal to pair with grilled tempeh or tofu or if you want to make it a bit more substantial you can also add some cooked quinoa. I love how the tahini dressing brings everything together and adds a luscious creaminess to this salad.

### Ingredients (2 servings):

1 JAZZ™ Apple  
1 courgette  
A generous handful of rocket  
3 tbsps of walnuts roughly chopped

### For the tahini dressing:

The juice of 1/2 a lemon  
1/2 tsp of white miso paste  
1/2 tsp of maple syrup  
1 tsp of apple cider vinegar  
Water to thin in as desired  
Salt and pepper to taste

### Method:

To make the tahini dressing simply mix together all the ingredients. I like to use a small whisk to avoid any lumps. Add the water gradually until you have reached the desired consistency.

Add the chopped walnuts to a frying pan and toast them on a medium heat for a few minutes, tossing them from time to time until they start to turn golden brown.

Spiralize the apple and the courgette. Transfer them to a large bowl and pour over the tahini dressing. Mix in the rocket. Serve straight away with the toasted walnuts.





## Kale, JAZZ™ Apple & Cashew Cheese Salad

If you are not a big fan of kale this cheesy salad will definitely change your mind. I have included the recipe on how to make vegan cashew cheese from scratch but if you are short of time please feel free to use whatever cheese you prefer! I absolutely love the contrast between the hearty kale, sweet JAZZ™ Apple and the creamy cashew cheese!

### Ingredients (2 servings):

- 1 JAZZ™ Apple
- 2-3 cups of de-stemmed kale -roughly chopped
- 3/4 cup of cooked buckwheat (you can also use quinoa)
- 1 pomegranate
- 1 courgette- cut into slices
- A handful of walnuts

### For the cashew cheese:

- 2 1/2 cups of cashews which have been soaked overnight
- 1/4 cup of water
- 2 tbsp of nutritional yeast
- 1 tsp of miso paste
- 2 tbsp of lemon juice
- Powder from 2 capsules of probiotics
- 1 tsp of onion powder
- 1 tsp of salt
- 1 tbsp of fresh chopped dill

### For the dressing:

- 2 tbsp of extra virgin olive oil
- 1 tsp of balsamic vinegar
- 1 tsp of lemon juice
- 1/2 tsp of maple syrup
- A pinch of sea salt and black pepper

### Method:

To make the cashew cheese drain the cashews and place them in a food processor, add the water, nutritional yeast, miso paste, lemon juice, probiotics, onion and salt. Start blitzing and stop the food processor from time to time to scrape the sides. Keep blitzing until you have a smooth and creamy consistency.

Pour the cheese mixture into a double cheese cloth. Tie the cloth at the top around a wooden spoon or something similar that will keep it suspended from a deep mixing bowl. Cover it with a tea towel and leave it in a warm and dark place (I put mine on top of the fridge) for 16 hours.

Transfer the cashew cheese into the fridge and leave it for another 24 hours. The longer you leave it, the more it will have a “cheesy flavour”.

To make the salad start by mixing together the dressing ingredients. Pour the dressing over the chopped kale and with your hands massage the leaves until they start to wilt and soften. Leave it to one side.

Grill and cook the sliced courgette on the barbecue for few minutes each side. Add the grilled courgette to the kale together with the chopped apple, cooked buckwheat and pomegranate seeds. Mix everything together. Top with chopped walnuts and a dollop of the cashew cheese. Enjoy straight away!





# Smoky Tempeh & JAZZ™ Apple Slaw Sandwich

I can't even begin to tell you how much I love this sandwich! The BBQ tempeh is just so scrumptious and goes so well with the crunchy slaw, creamy avocado and the tangy sauerkraut. If you have the time I would highly recommend to marinate the tempeh in advance to make it extra flavoursome.

## Ingredients (2 servings):

- 1 block of tempeh (about 200g)
- 1/2 cup of barbecue sauce

### Or to make your homemade barbecue sauce from scratch:

- 1/2 cup of tomato puree
- 1/2 cup of water
- 3 tbsp of Worcestershire sauce
- 2 tbsp of apple cider vinegar
- 1/2 tsp of garlic powder
- 1/2 tsp of salt
- 2 tbsp of maple syrup
- 1 tsp of black pepper

### For the slaw:

- 1 JAZZ™ Apple - deseeded and sliced as thinly as you can
- 2 cups of finely shredded purple cabbage
- 1 carrot - finely sliced
- 3 spring onions - finely chopped
- 1 avocado - mashed or sliced
- A handful of greens of your choice - I have used a mix of cress and rocket
- Optional but very delicious: sauerkraut or kimchi
- 4 slices of bread of your choice

## Method:

To make the BBQ sauce simply mix everything together in a small bowl.

In a bowl mix together all the ingredients for the slaw. Place a lid on top and leave it to the side while you are preparing the rest.

Cut the tempeh into thin slices and brush them with the barbecue sauce. If you can, prepare this the day before and let the tempeh marinate overnight or for at least 2-3 hours in the fridge.

Place the tempeh strips on the barbecue and cook them on each side for 3-4 minutes. At the same time grill the bread until crunchy.

Assemble the sandwich starting with the mashed avocado, the greens, then add the tempeh, sauerkraut and finally the apple slaw. Use extra bbq sauce if needed.

Enjoy straight away or wrap up for the perfect picnic!





## Tempeh and JAZZ™ Apple Burgers

Who said veggie burgers have to be boring or bland? This tempeh and JAZZ™ Apple burger has been my summer obsession and I absolutely love making a big batch of them to store in the freezer for when I have no time for cooking. These burgers are also a great crowd pleaser, I absolutely love the combination of the tempeh, black beans, red onion and carrot which creates such a wonderful flavoursome burger. My favourite way of serving them is with creamy avocado, sauerkraut and a generous dollop of vegan mayo.

### Ingredients (2 servings):

1 block of tempeh (about 200g)  
1 cup of rinsed and drained black beans  
3/4 cup of oats  
1 carrot roughly chopped  
1/2 JAZZ™ Apple finely grated  
1 small red onion -chopped  
2 tbsp of tamari sauce  
A generous sprinkle of black pepper  
Optional: 1-2 tbsp of hot sauce

### To serve:

Burger buns  
Sliced avocado  
Sliced tomato  
Lettuce or rocket  
Sauerkraut or pickle  
Vegan mayo

### Method:

Slice the tempeh into pieces and place it into a pan covered with boiling water. Cook the tempeh on a medium heat for 10 minutes.

Drain the tempeh chunks and place them in the food processor with all the other ingredients for the patties. Blitz everything for a few seconds until you have a chunky paste. Don't over process it as you don't want to end up with a puree.

Shape the mixture into patties and place them on a baking tray covered with parchment paper. Bake them in the oven for 20 minutes. Remove them from the oven and let them cool down for few minutes. You can either eat them as they are or if you want to add a lovely smoky flavour, just brush them with some oil and place them on the barbecue for few minutes each side.

To assemble the burger spread a layer of mayo on the bottom half, add the greens, the burger, tomato, avocado and sauerkraut or pickle. Enjoy!

You can store the patties in the fridge for a week or so and they are also suitable for freezing.





## Tofu and JAZZ™ Apple Skewers

These are perfect for the BBQ as the miso and tamari marinade add so much flavour due to the smokiness of the barbecue. I absolutely love the contrast of the sweetness of the JAZZ™ Apple combined with the red onion and peppers.

### Ingredients (3-4 servings):

- 1 block of tofu
- 1 JAZZ™ Apple
- 2 red onions cut into small quarters
- 1 red pepper - deseeded and cut into pieces

### For the marinade:

- 1 tbsp of Tamari sauce
- 1 tsp of miso paste
- 1 tsp of maple syrup
- The juice of 1/2 lemon
- 1/2 tbsp of sesame seed oil

### Method:

Mix all the marinade ingredients into a small bowl. Cut the tofu into cubes, place into a large bowl and pour over the marinade. Cover it with a plate and let it marinate for 2-3 hours or even better overnight if you can.

Assemble the skewers by alternating the vegetables and apple with tofu. You should have some marinade left at the bottom of the bowl. Brush it all over the skewers, making sure all the veggies are coated.

Cook the skewers on the BBQ for about 5-6 minutes each side or until the veggies are cooked.





## JAZZ™ Apple & Raspberry Coconut Parfaits

This is the perfect fuss free dessert to prepare in advance of a BBQ or a summer gathering. Apple and raspberries are a match made in heaven especially when paired with a luscious coconut cream. It's such a healthy and nourishing dessert that you can also have it as a sweet snack or as a decadent breakfast, maybe with some granola sprinkles on top.

### Ingredients (2 servings):

#### For the compote:

3 JAZZ™ Apples - deseeded and chopped into pieces

1 cup of frozen or fresh raspberries + extra for decoration

1/2 tbsp of lemon juice

1 tsp of coconut oil

Optional: 1/2 tbsp of maple syrup

#### For the coconut cream:

1 can of full fat coconut cream stored in the fridge overnight - please don't skip this step

1 tbsp of maple syrup

1/2 tsp of vanilla extract or powder

### Method:

Place the chopped apples, coconut oil, lemon juice and maple syrup (if using) into a pan with a dash of water. Cook the apples on a medium to low heat with the lid on for about 10-15 minutes or until they start to fall apart.

Add the raspberries and cook for another 5 minutes. You can either use the compote as it is or if you like it smoother you can blend it up using a hand blender.

While the compote is cooling down make the coconut cream.

Remove the tinned coconut milk from the fridge and scoop out the thick part which should sit on top. Don't use any of the watery part otherwise the cream will turn out too runny (you can save it for smoothies or curries).

With a hand whisk, start to whisk the cream before adding in the maple syrup and vanilla extract. Whip until you have a super creamy and smooth consistency, almost like whipped cream!

When the fruit compote is completely cold assemble the jars/glasses with half the compote and half the coconut cream. Serve with some fresh raspberries and some sliced apples.





## Desserts

# Caramelised Grilled JAZZ™ Apples with Coconut Cream and Granola

This is by far one the easiest desserts you will ever make! It will still be delicious, with lots of different textures and flavours. I absolutely love the smoky flavour of the grilled JAZZ™ Apple with the sticky caramel and the rich coconut cream. To add a lovely nutty flavour and some crunchiness I love serving it with some granola and some flaked almonds.

### Ingredients (2 servings):

2 JAZZ™ Apples  
1 tsp of coconut oil  
2 tbsp of coconut sugar + 2 tbsp of water  
A sprinkle of cinnamon

### For the coconut cream:

50g plain coconut yogurt  
50g creamed coconut (the solid one you buy in a packet)

### To serve:

Granola of your choice  
A generous sprinkle of flaked almonds

### Method:

To make the coconut cream, melt the creamed coconut in a small pan on a very low heat. When it is completely melted transfer it to a pan and add the coconut yogurt. Mix everything together until you have a thick cream. Place it in the fridge while you are preparing the rest.

Slice and core each JAZZ™ Apple into 4 pieces and remove the seeds. Place them on a baking tray and drizzle the coconut oil and the cinnamon on top. Bake in the oven at 180 degrees Celsius for 10 minutes or until slightly soft but not too squishy.

While the apples are baking make the caramel. Simply place the coconut sugar and water into a pan and bring it to the boil. Let it bubble away for about 5 minutes until it starts to thicken up and become a sticky caramel. Turn the heat off and leave it on one side.

Remove the apples from the oven and place them on the barbecue for about 2-3 minutes on each side.

Serve the apples with a generous drizzle of the coconut caramel, the coconut cream, granola and flaked almonds.





## JAZZ™ Apple & Red Onion Chutney Vegan Cheese Platter

This is the perfect sharing platter for dinner parties or when dining al fresco. I love adding grilled veggies, juicy olives, crackers and obviously some super creamy cashew cheese! The JAZZ™ Apple chutney is just the perfect accompaniment.

### Ingredients (4-5 servings):

- 3 large red onions - peeled and finely sliced
- 1 1/2 JAZZ™ Apples - finely chopped
- 1 1/5 cups of brown sugar
- 1 1/5 cups of apple cider vinegar
- 1 tsp of salt
- 1 tsp of pepper
- 1 bay leaf

### For the platter: (these are just suggestions!)

- Grapes
- Roasted veggies like carrots and peppers
- Olives
- Crackers of your choice
- Cashew Cheese (check out the recipe on the Kale and JAZZ™ Apple salad)

### Method:

Add the finely diced onion to a large pot with a dash of oil. Cook them on a medium/low heat until they are soft. Add all the other ingredients. Bring the mixture to the boil and then simmer. Put the lid on and cook until all the liquid has evaporated, approximately 2 hours.

Let it cool down completely before serving it with the cheese platter. Store it in an airtight jar in the fridge for up to 2 weeks.







For more information visit  
<https://jazzapple.com/uk>