

كنافة بتفاح وسفرجل

Knefeh b Toufah wa Sfarjel

lebanese apple and quince cream crumble

By: Julie Ann Sageer (Julie Taboulie)

Growing up in Upstate New York, apple picking was always one of my absolute favorite fall activities. The wealth of delicious apples grown in the region, along with the stunning scenic views from Route 20 and the gorgeous Finger Lakes made for a wonderful family outing each year. After trying a Honey Crisp apple from one of my favorite local farmers, I was absolutely smitten, and it inspired me to create my Knefeh b Toufah wa Sfarjel, a creamy, crunchy combination of fragrant quince and sweet Honey Crisp apples. “Quince,” or Sfarjel, is a sacred fruit in Lebanese cooking, and after the necessary stewing and cooking (it can’t be eaten raw), it turns into the most succulent, fragrant ingredient. Made with sweet semolina cream, and sticky-sweet Ater b Mazaher orange blossom syrup, this apple-quince crumble is a must-make autumn dessert!

MAKES ONE 9 x 13-INCH CRUMBLE

6 quinces, peeled, cored, and cut into ½ -inch slices

6 tablespoons granulated sugar

Finely grated zest and juice of 2 lemons

6 medium Honey Crisp or other sweet, crunchy apple variety, peeled, cored, and cut into ½ -inch slices

6 tablespoons (¾ stick) unsalted butter, chilled and cut into small cubes

SEMOLINA CREAM

- 1 quart heavy cream
- 1 cup fine semolina grain
- 3 tablespoons granulated sugar

CRUMBLE

- 1 cup unbleached, all-purpose flour
- $\frac{3}{4}$ cup granulated sugar
- $\frac{3}{4}$ cup light brown sugar, tightly packed
- $\frac{3}{4}$ cup old-fashioned rolled oats (not quick-cooking)
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon ground mahlab (cherry seed spice, optional)
- $\frac{3}{4}$ cup raw, unsalted whole almonds
- 2 pinches sea salt
- 12 tablespoons (1 $\frac{1}{2}$ sticks) unsalted butter, cold and cut into small cubes
- 1 $\frac{1}{2}$ cups Ater b Mazaher orange blossom syrup (see my recipe), for serving

Preheat the oven to 375°F.

In a large pan over medium-low heat, combine the quince, 3 tablespoons of the granulated sugar, and the zest and juice from 1 lemon, so that the quince is entirely coated with the other ingredients. Cook for about 12 to 15 minutes, occasionally stirring, until the mixture simmers, and the quince softens and turns bright red. Remove from the heat and set aside.

In a large mixing bowl toss the apple slices with the remaining 3 tablespoons

granulated sugar and zest and juice of the remaining lemon. Then, cover the bottom of a 9 x13-inch baking pan with 6 tablespoons of the cold butter cubes and spread the apples on top. Layer the quince slices on top of the apples and set the pan aside.

Make the semolina cream: In a medium pot over medium-high heat, combine the heavy cream, semolina and granulated sugar and whisk together until it comes to a boil. Once the mixture comes to a boil, immediately turn the heat to low and continue to whisk constantly until the mixture thickens, about 15 minutes, making sure the mixture does not burn at the bottom of the pot.

As soon as the cream thickens, pour it over the quince and apples and using a silicone spatula or the back of a spoon spread it evenly over the fruit. Set aside.

Now, make the crumble: In a food processor, combine all of the crumble ingredients so they are entirely incorporated together. Pause periodically, and scrape the bottom and sides of the bowl, then process again a few times so a coarse, crumbly consistency is achieved.

Top the fruit and cream with the crumble mixture, and bake in the center rack of the preheated oven for 30 to 35 minutes until the crumble is light golden brown and bubbly. Remove from the oven, and allow to rest for 10 minutes.

Just before serving, top with Ater b Mazaher orange blossom syrup. Dollop with whipped cream or real vanilla bean ice cream if you wish.

NOTE: You will need a 9 x 13-INCH baking pan.

VARIATION: For a gluten free version, simply substitute the unbleached, all-purpose flour for gluten-free flour and gluten free rolled oats for the crumble mixture. Substitute the semolina grain for gluten-free brown rice farina. You can find these gluten-free ingredients at [King Arthur Flour](#) and [Bob's Red Mill](#).

TABOULIE TIP! Quince is in season in the early fall months and you can typically find them at your local farms and farmers' markets. Look for fresh, fragrant, and highly floral, brightly-colored golden yellow fruit at full

maturity.

Copyright 2017 by Julie Ann Sageer in *[Julie Taboulie's Lebanese Kitchen](#)*, and reprinted by permission of St. Martin's Press/St. Martin's Griffin. All Rights Reserved.



RECIPE BY JULIE ANN SAGEER (JULIE TABOULIE)

Sharing is Caring!

[Facebook](#), [Instagram](#), [Pinterest](#), [Twitter](#), [YouTube](#)

Visit Official Website!

<http://www.julietaboulie.com/>

Join Julie Taboulie!

<https://www.julietaboulie.com/episode>