

Sweets and Spreads Recipes

Eva's Chocolate

Good quality dark chocolate, which contains a minimum of 70% cocoa, can be an excellent substitute for the sweets in your diet when eaten in moderate quantities. It has a number of health benefits and is, of course, delicious. Dr. Eva Dubin, our founder, is known for her fabulous chocolate, which she makes at home. Enjoy her recipe, below!

8 ounces good quality dark chocolate (at least 70 percent cocoa)
1/2 teaspoon sea salt
1/4 cup dried cranberries
1/4 cup raw almonds (chopped)

Break up the chocolate into small pieces and place in a double boiler or a heat-proof bowl set over a pot of boiling water. Stir until the chocolate melts, careful to prevent burning. Next, line a sheet pan with parchment paper or a silicone baking mat. Pour the melted chocolate onto the pan, and spread into a thin layer with a spatula. Sprinkle the chocolate with sea salt, cranberries and almonds, and place in the refrigerator until the chocolate has cooled and becomes breakable (approximately 30 minutes). Break the cooled chocolate into large pieces, and enjoy! Store your chocolate in an airtight, refrigerated container.

Homemade Apple-Pear Butter

Making apple butter is a great way to utilize fresh NYC farmer's market produce during winter months, and it will fill your kitchen with the most incredible smells! It also serves as a great substitute for butter and can be stored in an airtight container in your refrigerator for at least a few weeks. This butter is made with olive oil to increase its richness and pears to add extra flavor and a nice texture.

8 of a combination of medium-sized apples and pears
2 tablespoons olive oil (or enough to coat apples)
Zest of 1/2 medium orange
1/2 teaspoon salt
1 teaspoon cinnamon
1 teaspoon vanilla extract

Preheat your oven to 400 degrees. Chop the apples and pears into 1 inch cubes (leave skin on). Combine the apples, pears, olive oil, orange zest, salt and cinnamon on a jelly roll pan, and mix with your hands until evenly coated. Roast the mixture for ~45 minutes to 1 hour, stirring occasionally. (The fruit may start to mush, which is OK.) Place the cooked fruit in a saucepan and puree with an immersion blender until completely smooth. (If you don't have an immersion blender, you may use a blender or food processor to puree, before placing fruit in the saucepan.) Add vanilla to the pureed fruit and cook on low heat for 1 hour, stirring often to prevent burning. (the cooking time for this step may vary significantly depending on the amount of moisture left in your fruit and your desired consistency.) When the apples have thickened to your liking, spoon them into airtight glass containers, and store in the refrigerator.