

**Recipe Exchange**

**Home on the Range**

**Apple Season Recipes**  
Apple season is now in full swing and many Pennsylvanians are heading to the numerous orchards all over the state, to either pick bushels of the fruit or buy processed products. Because of the popularity of apples we've decided to share some interesting recipes with our readers. The following recipes were provided by the Pa. Apple Marketing Program.

**Apple Green Bean Eden**  
My favorite way of serving apples and beans, an unusual combination. It is delicious with ham.  
1 lb. cooking apples  
1 tsp. salt  
2 tbsp. light cream  
1 lb. fresh green beans or 2 9-oz. packages of frozen beans (French Style)  
1 tbsp. sugar  
2 tbsp. butter or margarine  
Peel and slice apples. Wash and cut up beans. Cook beans in a pan of rapidly boiling salted water until almost tender and the water is almost gone. Add sugar and apples. Put on lid. Cook 5

minutes and add butter and cream, mixing lightly. Serves 4-6.

**Apple Chutney**  
3 lbs. green apples, peeled and chopped (6 cups)  
4 lbs. onions peeled and chopped (8 cups)  
4½ cups brown sugar, (2 lb. box)  
1 lb. seeded raisins or equivalent  
cut up prunes  
2 tsp. ginger  
2 tsp. powdered cloves  
3 tsp. cinnamon  
3 tsp. salt  
3 tbsp. molasses  
Dash cayenne pepper

Combine all ingredients in a large kettle, and simmer uncovered for about 2 hours, stirring occasionally or until mixture becomes thick and dark. Pour immediately into hot sterilized preserve jars and seal immediately. Makes about 6 pints.

Chutney is oriental in origin. This spicy mixture is used as a condiment or accessory to garnish all meat, fowl, game and other foods.

**Apple Indian Pudding**  
5 cups milk  
one-third cup corn meal  
½ cup molasses  
1 tsp. salt  
1 tsp. ground ginger or ginger and cinnamon mixed  
1 cup sliced apples  
Scald 4 cups of the milk, pour slowly over corn meal; cook over hot water 20 minutes, stirring constantly. Add molasses, salt and spices, apples, turn into greased baking dish of 1½ qt. capacity. Pour remaining cup of milk over top; bake in slow oven (325 F.) about 2 hours without stirring. Serve with light cream, hard sauce or ice cream. Makes 6 servings.

**Apple Sweet Potato Salad**  
1½ cup diced apples  
1½ cup diced celery  
1 cup orange sections  
Cooked fruit dressing  
1½ cup diced, salted, cooked sweet potatoes, cold  
½ cup salted peanuts, chopped  
Watercress or lettuce

Combine potatoes, celery, apples, orange, and peanuts with enough dressing to moisten. Serve on watercress or lettuce. This is nice with ham.

**Fruit Dressing** — 1 tbsp. cornstarch, 4 tbsp. sugar, ¼ tsp. salt, 1 cup pineapple juice, juice 1 lemon, juice 1 orange, 2 eggs beaten, 1 cup whipped cream. Thoroughly mix cornstarch, sugar, and salt. Add fruit juices. Cook in double boiler until thick. Add eggs and cook 5 minutes, stirring constantly. Cool. Add whipped cream just before serving. Serves 6-8.

**Mincemeat-Apple Crunch Bars**  
1½ cup chopped apples  
¼ cup granulated sugar  
¼ cup water  
1½ cup mincemeat pie filling  
½ cup chopped nuts  
1 cup brown sugar  
¾ cup margarine or butter, softened  
1½ cup flour  
1½ tsp. soda  
1 tsp. salt  
1¾ cup rolled oats

**Filling:** Combine apples, ¼ cup sugar, and water in a saucepan. Cook over low heat, stirring constantly for about 10 minutes. Remove from heat. Stir in mincemeat pie filling and nuts.

**Crust:** Mix 1 cup sugar and margarine or butter thoroughly. Sift dry ingredients together; blend in sugar-margarine mixture. Mix in rolled oats. (Use hands if necessary). Press half of mixture over bottom of a greased oblong pan, 13x9x2. Spread filling evenly over "crust." Top with remaining mixture. Pat slightly.

Bake 20-25 minutes in a preheated 400F. oven. While warm, cut in bars and remove from pan. Makes about 2½ dozen 2x1½ inch bars.

**Green Tomato-Apple Pie**  
3 cups thick, peeled apple slices  
2 cups skinned, quartered and thinly sliced green tomatoes  
two-thirds cup brown sugar, firmly packed  
one-third cup granulated sugar  
2 to 3 tbsp. flour  
½ tsp. cinnamon  
½ tsp. salt  
2 tbsp. butter  
Pastry for a 2-crust pie  
To peel green tomatoes easily, place in boiling water. Let stand 2 to 3

minutes or until skins can be slipped off.

Combine tomatoes, apples, sugars, flour, cinnamon and salt. Place in a pastrylined 9" pie pan. Dot with butter.

Adjust top crust and flute edges, cut steam vents. Bake in hot oven (425 F.) 50 to 60 minutes. Makes 6 to 8 servings.

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**Junior Cooking Edition**

**Let Youngsters Cook**  
We've really appreciated all the recipes that our junior readers have been sending in. It shows that there is a lot of interest in cooking by these young people and their families. While any activity around the house is a good learning tool for youths, it is especially interesting for girls and boys to learn the responsibility of cooking and baking.

**Crackerjack Cookies**  
1 cup butter  
1 cup brown sugar  
1 cup white sugar  
2 eggs  
2 teaspoons vanilla  
1½ cups flour  
1 teaspoon baking powder  
1 teaspoon soda  
¼ teaspoon salt  
2 cups oatmeal  
1 cup coconut  
2 cups rice cereal  
Cream butter well and blend in sugars, beat in eggs, add vanilla, sift flour, baking powder, soda and salt together and mix in. Stir in oatmeal and coconut. Fold in cereal by hand. Drop by teaspoons on greased baking sheets. Bake at 350 degrees for 10-12 minutes.

Suellen Eby  
Greencastle, PA

**Crispy Apple Bars**  
1 cup flour  
1 cup brown sugar  
1 cup rolled oats  
½ teaspoon soda  
½ cup butter  
2½ cups sliced apples  
2 tablespoons butter  
½ cup sugar  
Combine flour, soda, brown sugar and oats. Add butter and work with a fork until crumbly.

Arrange half of this mixture in a greased 7 x 11 inch baking pan. Spread thinly sliced apples over this layer, dot with butter and sprinkle with sugar. Cover with remaining crumbs.

Bake at 325 degrees for 45 minutes or until nicely browned. Cut in squares and serve with whipped cream.

Mary Hoover

**Pumpkin Bread**  
3 cups sugar  
1 cup salad oil  
4 eggs  
1 teaspoon cinnamon  
1 teaspoon nutmeg  
1½ teaspoons salt  
3 cups flour  
2 teaspoons soda  
1 cup pumpkin  
two-thirds cup water  
Mix sugar and salad oil together. Add the eggs and stir. Then add remaining ingredients. Bake 1 hour at 350 degrees.

Mary Glick  
Age 15  
New Providence, PA

**Pineapple Salad**  
1 large can pineapple cubes  
2 oranges  
24 small marshmallows  
1 cup nuts  
1 cup whipped cream or whipped topping  
2 tablespoons flour

2 eggs  
½ cup sugar  
Drain juice from pineapple and heat. Add sugar, flour, eggs and cook until thick. Cool then mix in remaining ingredients.

Lydia Beiler  
Paradise, PA

**Red Beet Chocolate Cake**  
1½ cups sugar  
3 eggs  
1 cup salad oil  
1½ cups red beets (cooked and grated)  
2 tablespoons cocoa  
1¾ cups flour  
1½ teaspoon soda  
½ teaspoon salt  
1 teaspoon vanilla  
Bake at 350 degrees for 30 minutes.

Christie Beiler  
Age 8  
Paradise, PA

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