

Try favorite apple recipes

in your microwave

Apples are an American favorite, and are so plentiful in the fall they make delicious yet inexpensive desserts. Here are microwave directions for two old favorite American apple recipes, and a new recipe that's bound to become a favorite in your house if you try it! Microwave baking makes these desserts extra fast, yet they retain their old-time slow cooked flavor.

You can't cook a two crust apple pie in the microwave alone. The bottom crust will not cook properly. (This is true for any two

crust pie.) You can, however, combine the microwave with your range, to get a delicious, browned apple pie in half an hour, instead of the hour or more it takes in the oven alone.

Apple Pie
 pie dough for 2 crust pie (use any recipe or mix)
 5 cups thinly sliced tart apples
 1 tablespoon lemon juice
 2/3 cup sugar
 pinch salt
 1 tablespoon cornstarch
 1/4 teaspoon cinnamon, optional
 1 tablespoon butter or margarine

1. Sprinkle lemon juice over apples and mix to coat. Combine sugar, cornstarch, salt and cinnamon in a bowl and sprinkle over the apples. Stir apples gently until they are evenly coated.

2. Put bottom pie crust in a micro-safe pie pan. Pile apples evenly on top and dot with butter. Cover with top crust, pricking or slashing the crust to let steam escape, and sealing or fluting edges.

3. Cook the pie in the microwave for 10-12 minutes on high, until the fruit is hot and bubbly. While the pie is in the microwave, preheat your range oven to 450°F.

4. When the filling is bubbling, put the pie in the oven for 10-15 minutes to cook and brown the crust.

Tip: This technique can be used for any two crust fruit pie, though the microwave time may vary slightly depending on the type and quantity of fruit you use. Remember to use a micro-safe pie pan. Try it with your favorite apple pie recipe — You'll like it!

When you want an apple dessert in a hurry, there's nothing better than apple crisp cooked in your microwave. A conventional flour/sugar topping won't brown, or be as crispy as one baked in the range, so oatmeal and nuts are added for a brown crunchy topping.

Apple Crisp
 6 cups sliced apples, 7-8 medium

1/4 cup butter or margarine
 2/3 cup rolled oats
 1/2 cup flour
 1/2 cup packed brown sugar
 1/2 cup chopped nuts
 1 teaspoon cinnamon
 1/2 teaspoon nutmeg, optional

1. Put apples evenly in a 9-inch micro-safe cake pan or a 2-quart casserole.

2. Combine remaining ingredients, mixing until crumbly. Sprinkle over apples.

3. Cover with a paper towel and cook on high for 8-10 minutes, until apples are tender. Let stand 5 minutes, uncovered, before serving. Serve warm with ice cream or cream if desired. Makes 6-8 servings.

This year, for the first time, a microwave category was included in Pillsbury's Bake Off contest. The \$10,000 winner of the microwave category was the following apple recipe. I suggest using this as a coffee cake, since it is more cake-like than pancake-like!

Eileen Thorston's Quick Apple Pancake

1/4 cup butter or margarine
 1 1/2 cups thinly, sliced, peeled apples (2 medium)
 1/2 cup sugar
 1/2 teaspoon cinnamon
 1/4 teaspoon nutmeg
 Batter:
 1 cup buttermilk pancake mix

1/2 teaspoon cinnamon
 1/4 teaspoon nutmeg
 3/4 cup water
 1 teaspoon vanilla
 Topping:
 1 tablespoon sugar
 1/4 teaspoon cinnamon

1. In a 9-inch microwave safe pie plate or round cake pan, cook butter on high for 30 to 45 seconds, or until melted. Stir in apples, sugar, cinnamon and nutmeg. Cover (with wax paper); cook high for 3 to 4 minutes, or until apples are tender.

2. Blend all batter ingredients in a bowl. Pour evenly over cooked apples.

3. Mix topping ingredients in a bowl. Sprinkle evenly over batter. Cook on High for 3 to 5 minutes, or until a wooden pick inserted 1 1/2 to 2 inches from the edge comes out clean. Let stand 5 minutes.

4. Cut into wedges. Invert wedges to serve. Serves 6.

Note: The times above are for microwaves with 600-700 watts of power. For 500-600 W add 10 seconds to each minute; for 400-500 W add 20 seconds to each minute.

If you have questions about any of Lani's recipes or about her column you can write to her at Lancaster Farming, P.O. Box 366, Lititz, Pa. 17543

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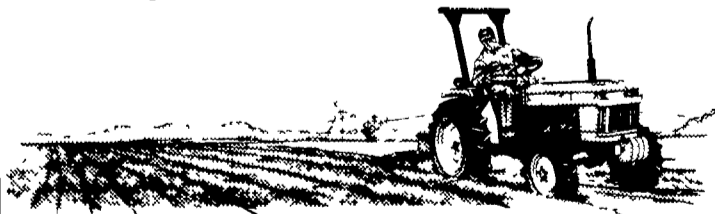
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