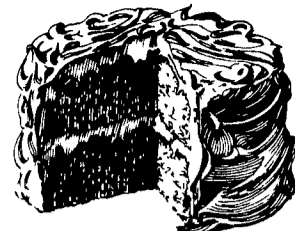


Home On The Range



Boost Autumn Meals With Crunchy Apples

With its crisp mornings and sun-drenched days, September brings renewed energy after the muggy days of August. Cooking is no longer a chore, but a pleasure.

And with the pleasant temperature changes of autumn comes the apple harvest. Rural cooks everywhere appreciate the versatility and flavor of this abundant fruit.

Fill your home with the aroma of a fresh-baked apple pie, apple cake or baked apples. Or mix apples with raisins and other crunchy veggies for a tasty salad. Below are some recipes to get you started with your fall apple cooking.

CHEESE APPLE PUMPKIN CAKE

½ cup butter
1½ cups firmly packed brown sugar
2 eggs
1 cup canned pumpkin
2 cups loosely packed unpeeled shredded cooking apples, about 2 large
1 cup shredded Cheddar cheese
2 cups all-purpose flour
1 tablespoon baking powder
½ teaspoon baking soda
½ teaspoon salt
½ teaspoon nutmeg
½ teaspoon ginger
Confectioner's sugar
Unsweetened whipped cream

Preheat oven to 350°F. Cream butter in large mixer bowl. Add sugar and beat until light and fluffy. Beat in eggs, pumpkin, apple and cheese. Combine dry ingredients. Gradually stir into butter mixture. Pour into buttered and floured 12-cup bundt cake pan. Bake 55 to 60 minutes or until wooden pick inserted in center comes out clean. Let cool in pan 15 minutes before removing. Cool completely on wire rack. Wrap in plastic wrap and let rest 24 hours before serving. Dust cake lightly with confectioner's sugar. Serve with unsweetened whipped cream.

FROSTY APPLE SHAKE

1 quart apple juice (chilled)
1 pint vanilla ice cream (softened)
1 8¾-ounce can crushed pineapple (optional)
½ teaspoon cinnamon or sprinkle with nutmeg

Combine all ingredients in blender or mixer until frothy.

CINNAMON APPLES

Use solid type apples, peel, core and cut into ½-inch slices. Cook until tender, then put in the following syrup:
2 cups sugar
1 cup water
½ cup red cinnamon hearts or candies

Add a few drops of red food coloring.

Florence Nauman
Manheim

APPLE CRISP

4 cups pared baking apples (about 4 medium)
⅔ to ¾ cup packed brown sugar
½ cup all-purpose flour
½ cup regular oats
¾ teaspoon ground cinnamon
¾ teaspoon ground nutmeg
⅓ cup margarine or butter, softened

Heat oven to 375°F. Grease baking pan, 8x8x2 inches. Arrange apples in pan. Mix remaining ingredients with fork; sprinkle over apples. Bake until apples are tender and topping is golden brown, about 30 minutes. Serve with cream, ice cream or hard sauce if desired. Makes 6 servings.

APPLE PORK CORNBREAD STUFFING

1 pound pork sausage
1 cup chopped celery
½ cup chopped onion
2 cloves garlic, crushed
3 cups cornbread stuffing
2 cups pared, chopped apples
1 cup water
¾ teaspoon salt
¾ teaspoon rosemary
¼ teaspoon pepper

In large frying pan, brown sausage; add celery, onion and garlic. Cook until tender. Add cornbread stuffing, apple, water and seasonings. Mix well. Makes about 6 cups.

Stuff a 10 to 12-pound turkey. Do not pack too tightly. Cover stuffing with foil to prevent drying out. If stuffing smaller bird, or if stuffing is left over, bake extra in separate casserole, covered with foil to prevent drying. Uncover during last 15 minutes to allow browning.

APPLE FRITTERS

2 cups all-purpose flour
1½ cups cake or soy flour
5 teaspoons baking powder
1 cup sugar
1½ teaspoons salt
1 cup milk
4 eggs
2 teaspoons vanilla
4 tablespoons melted butter, margarine or vegetable oil
2 cups chopped apples
Vegetable oil for frying
Syrup or cinnamon-sugar mixture

Combine flours, baking powder, sugar, salt, milk, eggs, vanilla and melted fat (or oil) in large bowl. Beat until well blended. Stir in apples. Drop batter by spoonfuls into hot (380°F.) fat, 2 inches deep at least. Brown on each side. Drain well on paper towels. Serve hot with syrup or sprinkle with cinnamon-sugar mixture. Makes about 2 servings.

Note: you may need to thin batter with more milk. This depends on moisture content of apples.

CHEESY DUTCH APPLE CAKE

Cake:
2 cups all-purpose flour
½ cup sugar
1 tablespoon baking powder
1 teaspoon salt
¼ cup butter
1½ cups (6 ounces) shredded Cheddar cheese
1 egg, beaten
¾ cup milk
2 medium-sized cooking apples

Glaze:
¾ cup sugar
½ teaspoon cinnamon
½ cup water
¼ cup butter
1 tablespoon fresh lemon juice

Preheat oven to 375°F. Combine flour, sugar, baking powder and salt in a large mixing bowl. Cut in butter until mixture resembles coarse crumbs. Add cheese and toss lightly to blend. Combine egg and milk, add to dry ingredients. Stir only until blended. Divide batter evenly between 2 buttered 8-inch round baking pans. Pare, quarter and core apples, cut into ¼-inch thick slices. Press apple slices diagonally into dough with rounded edges up. Bake 20 minutes.

Meanwhile, for glaze, combine sugar and cinnamon in a small saucepan. Stir in water, butter and lemon juice. Bring to boiling, stirring constantly. Remove from heat and allow to cool slightly. Remove cakes from oven; pour glaze over cakes, loosening edges to let glaze run down between cake and sides of pan. Return to oven, bake 10 to 15 minutes or until a wooden pick inserted in center comes out clean. Serve warm.

FANCIFUL APPLE SALADS

3 cups chopped apples
¼ cup orange juice
1 cup miniature marshmallows
1 cup celery slices
¼ cup raisins
Mayonnaise
Lettuce

Apple, cut into crosswise slices. Toss apples with orange juice. Add marshmallows, celery, raisins and enough mayonnaise to moisten; mix lightly. Serve on lettuce-lined plates. Top each salad with apple slices, spread with mayonnaise. Decorate as follows:

Funny Face Salads: Use additional apple pieces, raisins and celery slices to make faces and shredded carrot or cheese for hair.

Kitty Cat Salads: Use additional apple pieces, raisins and celery slices to make ears and thin strips of celery for whiskers.

Makes 6 servings.

APPLE BANANA BREAD

4 apples
3 large bananas
½ cup butter or margarine
2 cups sugar
2 large eggs
1½ teaspoons baking powder
1½ teaspoons baking soda
3 cups flour
½ teaspoon salt

Cut and pare apples; chop fine. Sprinkle with a little lemon juice. Mash bananas and add to chopped apples; mix well. Cream butter. Add sugar and eggs while beating. Stir in apple-banana mixture. Sift dry ingredients. Stir into first mixture. Spoon into 2 greased and floured 8x5x3-inch loaf pans. Bake at 325°F. for 1 hour or until done.



Shredded cheddar cheese and fresh, unpared apples make this pumpkin cake special.

APPLE WALNUT SYRUP

3 tablespoons butter
¼ cup chopped walnuts
½ cups apples, sliced and peeled
½ teaspoon cinnamon
Dash of salt
1 cup corn syrup

Melt butter, add nuts to brown slightly. Remove nuts and add remaining ingredients. Cover and simmer about 10 minutes. Remove cover and simmer 3 more minutes. Remove from heat and add nuts. Serve on waffles, ice cream, pancakes, custard, etc.

LEMONY APPLE BRAN SALAD

½ cup lemon lowfat yogurt
1 tablespoon finely snipped fresh parsley
2 cups cubed, unpared red apples (about ½ pound, 1 to 2 medium size)
½ cup thinly sliced celery
½ cup red grapes, halved and seeded
½ cup bran cereal
6 lettuce leaves

Stir together yogurt, parsley, apples, celery and grapes. Cover and chill thoroughly. At serving time, stir in cereal. Serve on lettuce leaves.

APPLE PANDOWDY

1 quart sliced apples
1 cup brown sugar
¼ cup flour
½ teaspoon salt
1 tablespoon vinegar
1 tablespoon butter
¾ cup water
1 teaspoon vanilla

Topping
1 cup flour
½ teaspoon salt
2 teaspoons baking powder
2½ tablespoons shortening
½ cup milk

Pare and slice apples. Place in the bottom of a large flat baking dish. To make syrup, combine sugar, flour, salt, vinegar, and water. Bring to a boil and cook for 2 minutes. Remove from heat and add butter and vanilla. Cool. Pour cooled syrup over apples. Make topping by cutting shortening into sifted dry ingredients. Add milk and stir only until mixture is wet. Drop topping by spoonfuls over apple mixture. Bake at 400°F. for 35 minutes. Serve with rich milk or cream. Makes 6 to 8 servings.

Rosalie Miller
Port Trevorton

(Turn to Page B8)

Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Sue Keene, Lancaster Farming, P.O. Box 366, Lititz, PA 17543

September
27-
October
4-
11-

Favorite Soups
October is Pork Month
Hearty Autumn Breakfasts

Featured Recipe

Every season has its harbingers and apple pie is one of fall's. When the apples start pouring into local produce stands, or ripening on the backyard tree, it's time to get out sweaters, footballs, fair entries and the apple pie recipe.

If you don't already have a favorite recipe for apple pie, try this one from the Pennsylvania Apple Marketing Board. You'll be glad you did.

Old Fashioned Apple Pie

6 to 8 large Pennsylvania apples
Pastry for 2-crust pie
1 cup sugar
2 teaspoons flour
¼ teaspoon nutmeg
½ teaspoon cinnamon
2 tablespoons butter or margarine

Pare apples, cut in quarters. Remove cores; slice thin. Line 9-inch pie pan with pastry. Mix sugar, flour and spices; rub a little sugar mixture into pastry. Arrange sliced apples overlapping in pan. Add remaining sugar mixture. Dot with butter or margarine. Cut slits in top crust; moisten edge of lower crust. Place top crust over apples; press edges together, trim. Flute edge. Brush with slightly beaten egg white if desired. Bake at 425°F. for 40 to 45 minutes or until apples are tender.