

Home on the Range

Apple Appeal

Pennsylvania and its surrounding states' apple season runs from late summer through October and traditionally reaches its peak the first of October, when the widest variety of apples is available from local orchards. Thanks to advanced storage techniques, the most popular apple varieties are available year-round.

It's a good thing that apples are so readily available. An apple is a lot of good food for relatively few calories and with no fat or sodium. That snappy crunch reflects an apple's high fiber content (over 4 grams). The insoluble fiber found in apples is important in cancer prevention. The National Cancer Institute recommends people eat 20-30 grams of fiber a day — about twice the current average. The soluble fiber in apples, called pectin, is similar to that in oat bran and can be a factor in cholesterol reduction.

Apples and apple juice contain Vitamin C and potassium (important in regulating blood pressure). Apples also supply boron, a trace mineral that can help the body claim calcium.

With 2,500 varieties grown in the U.S. and the variety of ways apples and apple products can be served, "two apples a day," makes healthy eating a snap.

Readers can receive a free brochure that describes the nutritional benefits of apples and snack apples. Send a stamped self-addressed business size envelope to International Apple Institute Brochure Offer, P.O. Box 1137, McLean, Va. 22101.

APPLESAUCE

6 medium cooking apples, peeled and quartered

½ cup water

½ cup sugar or 1 teaspoon artificial sweetener

¼ teaspoon ground cinnamon

Place apples and water in a 4-quart saucepan, and bring to a boil. Reduce heat; cover and simmer 8 to 10 minutes or until tender. Or heat in a microwave by placing apples and ½ cup water in a 4-quart microwave safe baking dish. Cover and cook on high power 6 to 8 minutes or until tender. Crush cooked apples with a potato masher or electric beater. Stir in sugar and cinnamon. Makes about quart.

Note: For a smoother applesauce, mix cooked apples in food processor.

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 Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

September

- 16- Brown Bag Lunches
- 23- Rice Month
- 30- Chicken Month

October

- 7- National Pork Month

APPLE-TOPPED OATCAKES

1½ cups hot milk

¼ cup old-fashioned oats

1 egg, beaten

2 tablespoons vegetable oil

2 tablespoons molasses

1 cup all-purpose flour

1½ teaspoon baking powder

¾ teaspoon cinnamon

¼ teaspoon ginger

¼ teaspoon baking soda

¼ teaspoon salt

3 egg whites

Lemon apples:

2 tablespoons butter

5 medium apples, peeled and sliced

1 tablespoon lemon juice

1 teaspoon grated lemon peel, optional

½ cup sugar

1 tablespoon cornstarch

¼ teaspoon nutmeg

In a large bowl, combine milk and oats; let stand 5 minutes. Stir in egg, oil, and molasses. Combine dry ingredients. Stir into oat mixture just until moistened. Beat egg whites until soft peaks form; fold gently into batter. Set aside. Heat butter in a skillet until foamy. Add apples, lemon juice, and peel. Cook uncovered for 8-10 minutes, stirring occasionally. Meanwhile, cook oat cakes: Pour batter by ¼ cupfuls onto a hot greased skillet. Cook until bubbles form; turn and cook until browned on other side. For apples combine sugar, cornstarch, and nutmeg; add to apple mixture and cook 2 minutes longer or until tender. Serve warm over oatcakes.

This is our breakfast specialty.

Darlene Weaver
Lebanon

CHOCOLATE APPLESAUCE CAKE

1½ cups flour

¾ cup sugar

¼ cup cocoa

1 teaspoon baking soda

½ teaspoon salt

1 cup applesauce

½ cup cold water

½ cup oil

1 teaspoon vanilla

1 tablespoon vinegar

Sift flour once and add all dry ingredients. Sift together again and add remaining ingredients. Blend in bowl until all is moistened. Pour into a greased and floured 8-inch square or round pan. Bake 35 to 40 minutes at 350 degrees.

Cake is moist enough to eat unfrosted but may top with your favorite frosting.



Making apple pie is becoming easier and easier. Apple glaze, a new product placed next to the apples in the produce department of the supermarket, is added to 4 cups of sliced apples and placed in a ready-to-bake pie crust.

DEBBIE BOONE'S APPLESAUCE CAKE

2 cups all-purpose flour

2½ teaspoons baking soda

2 teaspoons ground cinnamon

1 teaspoon ground cloves

1 teaspoon ground nutmeg

¼ teaspoon salt

1 cup walnuts, chopped fine

1 cup unsweetened applesauce

½ cup lightly-salted margarine,

room temperature

1½ cups granulated sugar

3 large eggs

8 ounces pitted dates, snipped in small pieces

Whipped cream (optional)

Grease and flour a 9-inch tube pan.

Mix together flour, baking soda, cinnamon, cloves, nutmeg, and salt. In a large bowl of an electric mixer, beat butter until creamy. Add sugar about ½ cup at a time, beating well after each addition. Add eggs, one at a time, beating well after each addition. Add flour mixture about ½ cup at a time, alternately with applesauce. Stir in dates and nuts. Scrape into prepared tube pan.

Bake at 350 degrees for 1 hour 10 minutes or until it tests done. Remove from oven. Place on a wire rack to cool for 15 minutes. Remove from pan. Let cool completely. Serve plain or with whipped cream.

Mrs. Anthony Hathaway
Pittstown, N.J.

PAN FRIED APPLES

6 tart apples, peeled and sliced

1 tablespoon butter

½ cup brown sugar

¼ cup maple syrup

Cinnamon and nutmeg to taste

Melt butter in skillet and add sliced apples. Sprinkle with sugar, syrup and spices. Cover and sauté until tender.

MICROWAVED APPLES

Peel and coarsely chop 2 medium apples into a glass bowl. Sprinkle with 1 tablespoon honey and cinnamon and nutmeg to taste. Microwave at high power for 4 minutes. Serve warm. 2 servings.

APPLE CRISP

4 cups sliced, pared tart apples

½ cup brown sugar

½ cup flour

½ cup uncooked quick oats

¼ teaspoon cinnamon

¼ teaspoon nutmeg

½ cup butter, softened

Heat oven to 375 degrees. Grease square pan. Place apple slices in pan. Mix remaining ingredients thoroughly. Sprinkle over apples. Bake 30 minutes or until apples are tender and topping is golden brown. Serve warm and, if desired, with light cream or ice cream.

APPLE CRANBERRY PIE

½ cup sugar

2 tablespoons flour

¼ teaspoon cinnamon

¼ teaspoon salt

1 teaspoon grated orange peel

Pastry for 2-crust pie

½ cup honey

1 tablespoon butter

3 cups fresh cranberries

2 cups diced peeled apples

Combine sugar, flour, cinnamon, salt, orange peel, honey and butter. Cook 2 minutes, stirring until sugar dissolves. Add cranberries and apples; boil 5 minutes or until cranberries burst. Cool. Pour into pastry-lined 9-inch pie pan. Arrange strip of pastry lattice fashion over filling. Trim edges; flute. Bake at 425 degrees for 35 to 40 minutes.

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Featured Recipe

The Seven Sweets & Seven Sours Festival held at Kitchen Kettle Village in Intercourse on September 14-16, is a tribute to Pennsylvania Dutch cuisine.

The making of chow chow, pickled watermelon rind, corn relish, pepper relish, onion relish and pickled beets will be demonstrated.

For kids, there will be pumpkin painting, cookie decorating, a corn shucking contest, free balloons, a petting zoo, local artists making scarecrows, and end-of-the-garden critters to make everyone's smile.

The festival is free. Kitchen Kettle Village is located on Rt. 340 in the village of Intercourse, 10 miles east of Lancaster city. For more information, call (800) 732-3538.

Enjoy this dish at the festival or make it yourself.

KLING HOUSE OMELET

3 eggs

2 slices ham

2 slices Swiss cheese

2 tablespoons corn relish

Beat eggs completely and pour into hot, non-stick omelet pan. Cook eggs evenly on both sides and add ham, cheese, and corn relish so one-half of the omelet shell is covered. Fold other half of omelet on top and serve immediately.