



Home on the Range

The Season For Apples

(Continued from Page B2)

APPLE CRISP VARIATIONS

Fruit Mixture:

6 cups sliced peeled apples
1 teaspoon cinnamon, if desired
1 tablespoon water
1 teaspoon lemon juice

Topping:

1 cup rolled oats
¾ cup all-purpose flour
¾ cup firmly packed brown sugar

½ cup butter, softened

Heat oven to 375 degrees. Peel apples and toss with cinnamon, water, and lemon juice. Place apples in ungreased 2-quart casserole or 8-inch square baking dish. In large bowl, combine all topping ingredients; mix until crumbly. Sprinkle crumb mixture evenly over apples. Bake at 375 degrees for 25 to 35 minutes or until fruit is tender and topping is golden brown. (If the topping gets browner than you like, the next time, microwave the apples 5 minutes before putting the topping on the apples). Serve warm with cream, ice cream, or whipped cream, if desired. Yield: 12 (½ cup) servings.

Microwave directions: Using a 8-inch square microwave-safe dish, prepare apple crisp as directed above. Microwave on high for 12 to 14 minutes or until fruit is tender, rotating dish ¼ turn once during cooking.

Variations:

- **Apple Cheese Crisp:** Top baked crisp with ½ cup shredded cheese, bake an additional 2 to 3 minutes or until cheese melts.
- **Blueberry Crisp:** Substitute blueberries for the apples.
- **Peach Crisp:** Substitute sliced peeled peaches for the apples.
- **Pear Cranberry Crisp:** Substitute 5 cups sliced peeled pears, 1½ cup fresh or frozen cranberries, 1 cup sugar, 2 tablespoons flour, and 2 teaspoons grated orange peel for fruit mixture.

Mable Hershey
Marietta

MICRO-BAKED APPLES

4 baking apples
1½ tablespoon butter
½ cup brown sugar
3 tablespoons chopped walnuts
¼ cup apple juice or water
3 tablespoons raisins

Core apples. Combine butter and sugar, add raisins and nuts and stuff into cavity of apples. Place apples in individual microwave-safe serving dishes. Pour 1 tablespoon apple juice over each apple. Cover with wax paper. Micro-cook on high 8 minutes or until tender. Makes 4 servings.

CARAMEL FRUIT DIP

½ cup butter
14-ounce package caramels, unwrapped
¼ cup chopped pecans
2 tablespoons milk

In medium bowl, microwave butter and caramels on high, stirring twice during cooking time about 3 to 4 minutes or until caramels are melted. Stir in pecans and milk. Stir vigorously to incorporate butter. Keep warm and dip in cut-up fresh fruit.

DUTCH APPLE CAKE

4 cooking apples
2 eggs
1 teaspoon vanilla
1 cup vegetable oil
1½ cups sugar
2 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon ground cinnamon
¼ teaspoon salt

Grease and flour a 9-inch tube pan. Peel, core, and finely chop apples. In mixing bowl, beat eggs and vanilla with electric mixer at high speed for two minutes or until thick. Gradually beat in sugar. Combine flour, baking soda, cinnamon, and salt. Add to batter, alternately with apples and walnuts, beating well after each. Beat at medium speed 3 minutes. Turn batter into prepared pan.

Bake in 350 degree oven for 55 to 60 minutes or until done. Cool in pan 10 to 15 minutes. Remove to wire rack. Drizzle with powdered sugar icing. Makes 12 servings.

Icing:

In mixing bowl, combine 1 cup sifted powdered sugar, ¼ teaspoon vanilla, and about 1½ tablespoons milk to make of drizzling consistency.

Josephine Matenus
Dallas

GOLDEN APPLE OATMEAL

½ cup diced sweet apple
½ cup apple juice
½ cup water
¼ teaspoon salt
Dash ground cinnamon and nutmeg

½ cup quick-cooking rolled oats, uncooked

Combine apples, juice, water, and seasonings; bring to boil. Stir in rolled oats; cook 1 minute. Cover and let stand several minutes before serving. Makes a 1 cup serving.

FRENCH-STYLE CHICKEN WITH APPLES

6 boneless, skinless chicken breasts

1 sliced onion
10-ounce can condensed chicken broth
3 tablespoons apple juice or cider

3 sweet-tart apples, cored, sliced
6-8 canned artichoke hearts, drained, halved

Pinch each cinnamon, nutmeg, salt, pepper, minced fresh dill or parsley

Spray a large non-stick skillet with cooking spray. Brown chicken breasts on both sides. Remove chicken from skillet and set aside. Stir in sliced onion, apples, artichokes, broth, juice, and spices. Cook 3 minutes. Spread chicken breasts in skillet; arrange apples, onion, and artichokes on top. Simmer, covered, about 10 minutes or until chicken is tender and heated through. Sprinkle with salt and pepper. Garnish with fresh parsley or dill and apple slices before serving. Makes 6 servings.

APPLESAUCE MEATLOAF

¼ cup plus 2 tablespoons applesauce
½ cup bread crumbs
1 teaspoon salt
½ teaspoon Worcestershire sauce
1 teaspoon prepared mustard
½ cup finely chopped onion
¼ cup finely chopped green pepper

1 pound lean ground beef
1 egg, slightly beaten
½ cup milk
½ teaspoon prepared mustard
3 teaspoons brown sugar
¼ cup ketchup

Combine first 10 ingredients. Form into a loaf in baking dish. Mix remaining ingredients, pour on top of loaf. Bake uncovered at 350 degrees for one hour. Serves 3-4.

APPLE CIDER SALAD

6-ounce package orange-flavored gelatin
4 cups apple cider
1 cup raisins
1 cup coarsely chopped apples
1 cup chopped celery
½ cup walnut halves
juice and grated rind of one lemon

Lettuce
Dissolve gelatin in 2 cups hot apple cider; stir in raisins. Let cool. Add remaining 2 cups cider; chill until consistency of unbeaten egg white. Stir in apples, celery, walnuts, lemon juice set. Unmold onto lettuce leaves. Yields 8 to 10 servings.

DEEP DISH APPLE PIE

Double 9-inch pie crust
8-10 medium apples, peeled, cored, and sliced thin
¾ cup sugar
1 tablespoon cinnamon
2 tablespoons butter
Water

Place bottom crust in 9-inch pie pan. Layer apples in four layers and sprinkle cinnamon-sugar mixture on top of each layer. When finished, top top of pie with butter. Add water gently over top of apples. Top with second pie crust. Press crust edges together to form a rim. Bake in 375 degree oven for 15 minutes. Reduce heat to 350 degrees. Continue baking for 50 minutes.

DUTCH APPLE CRUMB PIE

1 unbaked 9-inch pie crust
Filling:
3 to 4 large baking apples, peeled, sliced
½ cup sugar
2 tablespoons flour
1 teaspoon cinnamon
¼ teaspoon nutmeg

Topping:
½ cup sugar
½ cup flour
½ cup butter, softened
½ cup chopped pecans
Place apple in unbaked pie crust. Sprinkle sugar, flour, nutmeg, and cinnamon over apples. For topping, blend sugar, flour, and butter until crumbly, stir in pecans. Spread over filling. Bake at 350 degrees for one hour or until brown.

APPLE CRISP

Cover bottom of 8x8-inch square pan with thinly sliced apples. Mix together:

1 cup flour
1 cup granulated sugar
1 teaspoon baking powder
½ teaspoon cinnamon
Dash salt
1 egg, beaten

Mix and form crumbs. Melt ½ cup butter. Put crumbs over apples. Pour butter over crumbs. Bake at 350 degrees for 40 minutes.

Nancy Kramer
Lebanon

GERMAN APPLE CAKE

3 eggs
1 cup vegetable oil
1 teaspoon vanilla
Beat ingredients together until foamy. Sift together the following and add to the egg mixture:

2 cups sugar
2 cups flour
2 teaspoons cinnamon
1 teaspoon baking soda
½ teaspoon salt

Fold in:
4 cups thinly sliced apples.
Spread into 13x9-inch pan. Top with ½ cup chopped walnuts. Bake at 350 degrees for 55-60 minutes.

Tina Forry
Palmyra

Featured Recipe

An apple a day keeps the doctor away . . . Our grandparents were ahead of their time when they realized the benefits of eating an apple a day. Apples are an excellent source of fiber, a good source of potassium, and are low in fat and sodium.

Apples are a versatile and convenient way to get in one of your fruit servings every day. Tossed into a lunch bag, or eaten as an after school snack, they require no preparation. Just wash, and munch! Eaten in this form they also serve as "Nature's Toothbrush." Whereas eating an apple doesn't and shouldn't be encouraged as a substitute for proper brushing of teeth, it is a great natural "assistant." The mild fibrous texture of the apple for detergent action, its juice content and its delightful aroma to induce salivary activity all combine to make the apple an ideal "meal-ender" and natural "toothbrush" for those times when regular brushing isn't possible.

Purchasing Tips

- Apples should be purchased when ripe for best flavor. Most ripened green varieties have a greenish-yellow background color.
- Choice apples are firm and free of bruises, skin breaks, and decay spots. Soft apples have a mealy texture. Apples with discolored streaks or spots on their skin are safe to eat. Their flavor and texture is not compromised in any way.
- Choose an apple variety best suited for your purposes. Some varieties are better for baking, while others are better for eating from your hands.
- Approximately three medium-sized apples equals 1 pound. One pound of unpeeled apples yields about 3 cups of peeled, sliced or diced fruit.

Popular Pa. Apple Varieties

- **McIntosh** — Deep red skin, sometimes with a greenish background. Tender, juicy, and very flavorful. White flesh. Excellent raw, in salads, and in sauce.
- **Golden Delicious** — Greenish-yellow skin. Moderately firm and juicy, with a mild flavor. Cream flesh. Retains its shape when cooked. Excellent raw, in salads, and for baking.
- **Red Delicious** — Solid red, occasionally red-striped skin. Moderately firm and juicy, with a milk, sweet flavor. Cream flesh. Good raw and in salads.
- **Ida Red** — Shiny, bright red skin, with green touches. Sweet-tart flavor. White flesh. Retains its shape when cooked. Excellent raw, in salads, sauces, and for baking.
- **Rome Beauty** — Red striped skin, mingled with yellow. Greenish around stem. Moderately juicy, with a crisp, mild flavor. White flesh. Retains its shape when cooked. Excellent for baking. Good in salads and sauce. Fair for eating raw.
- **Stayman** — Dull red skin, with white dots concentrated near blossom. Quite firm and crisp, with a tart flavor. Cream flesh. Excellent for baking. Good raw and in salads.

Storage Tips

- Unrefrigerated ripened apples will retain their quality for about one week.
- Unripe apples can be quickly ripened at home by storing them in a partly sealed bag at room temperature.
- Ripened apples stored in the humidifier compartment of the refrigerator (35-40 degrees F), in an unsealed plastic bag or in a film-wrapped tray, may retain their quality for one month.
- Bruised apples do not store as long and should be used first.
- Apples stored below 29 degrees F will freeze. Freezing causes the apples to become mushy and discolored, greatly reducing their quality.
- Storing apples in a partly sealed plastic bag helps reduce the odors apples can pick up from the refrigerator.

Preparation Tips

- Apples are a very versatile fruit. They can be used in pies, muffins, cakes, and salads or just eaten from your hand.
- Peeled and/or cored apples brown quickly. To prevent this, soak apples 5 minutes in 1 quart of water with 3 tablespoons of bottled lemon juice and 2 crushed 500-mg vitamin C tablets. The flavor will not be affected, and the flesh will retain its color for about 3 hours at room temperature.
- For freezing and canning direction, call your local County Extension Office and ask for the "Let's Preserve" fact sheets.