

Home on the Range

Apple Appeal

APPLE CINNAMON MUFFINS

Sift together:

- 2 1/4 cups flour
- 1/2 teaspoon salt
- 3 1/2 teaspoons baking powder
- 1/4 teaspoon cinnamon
- 1/4 teaspoon nutmeg

Cream together:

- 1/4 cup butter
- 1/2 cup sugar

Cream and add:

- 1 egg

Preheat oven to 400 degrees.

Combine wet and dry mixtures and add:

- 1 cup milk
- 1 cup finely chopped apple

Spoon batter into greased muffin pan (12 muffins).

Mix together the following and sprinkle on top:

- 1/4 teaspoon nutmeg
- 1/4 teaspoon cinnamon
- 2 tablespoons sugar

Bake 15-20 minutes.

Jill Hoover
Lancaster Co.
Alternate Dairy Princess

APPLE POT PIE

- 2 cups flour
- 1/2 teaspoon salt
- 1 teaspoon baking powder
- 2 tablespoons shortening
- 1 egg
- 1/4 cup water
- 6 tart apples
- 1/2 cup brown sugar
- 3 tablespoons butter

Cut shortening into combined flour, salt, and baking powder. Lightly stir in beaten egg and water. On floured board, roll out as thin as possible. Cut into 2-inch squares with knife or pastry wheel. Pare and core apples, cutting into quarters. Into a kettle containing 1 cup water, put a layer of sliced apples and a half of the brown sugar and butter. Cover with a layer of pot pie squares and more apples. Repeat until all apples and dough have been used. Cover tightly and steam 20 minutes. Serve with cream. Serves 6.

If you are doubtful as to the goodness of apple pot pie, imagine the taste of apples caramelized in brown sugar and butter. With pot pie squares, this makes a delightful combination.

APPLE FETA CHICKEN BREASTS

- 4 large boneless, skinless chicken breasts
- 1 medium green cooking apple, cored, cut into 8 wedges
- 1 medium red cooking apple, cored and cut into 8 wedges

- 4 tablespoons crumbled, reduced-fat feta cheese
- 1 tablespoon apple juice
- 1/4 teaspoon seasoned pepper
- 1/4 teaspoon dried thyme

Preheat oven to 350 degrees.

In a 2-quart oblong glass baking dish, arrange chicken breasts in single layer. Sprinkle with seasoned pepper and dried thyme. Scatter apple wedges and feta cheese over top of chicken. Drizzle with apple juice. Cover with foil. Bake for 30 to 35 minutes or until juices of chicken run clear when pierced with a fork and apples are tender. Uncover for last 10 minutes.

SUPER SPREAD SANDWICH STARS

- 1 Red or Golden Delicious apple, peeled, cored, and coarsely chopped
- 1 cup roasted peanuts
- 1/4 cup honey
- 1 tablespoon lemon juice
- 1 teaspoon ground cinnamon
- Sliced sandwich bread

To make super spread, place apple pieces, peanuts, honey, lemon juice, and cinnamon in food processor fitted with chopping blades or blender. Pulse the food processor several times until ingredients start to blend. Process for 1 to 2 minutes until mixture is smooth and spreadable. To make a Sandwich Star, use a butter knife to spread about one tablespoon of Super Spread on each of two slices of bread. Stack together, spread side up. Top with third piece of bread. Place star-shaped cookie cutter on top of sandwich and press firmly and evenly. Leaving the cookie cutter in place, remove the excess trimmings with your fingers or a butter knife. Remove the cookie cutter and make more sandwich stars.

Renee Blatt
PA Honey Queen

HONEY APPLE TURNOVERS

- 1 tablespoon dried currants
- 3 tablespoons finely chopped walnuts
- 1/2 teaspoon ground cinnamon, plus additional for dusting
- 6 tablespoons honey, divided
- 2 large baking apples
- Prepared pie dough for two single-crust 9-inch pies

In a small bowl, combine currants, walnuts, and 1/2 teaspoon cinnamon. Stir in 3 tablespoons honey. Peel apples and cut each in half lengthwise. Trim away stem and blossom ends. Scoop out core from each half with a melon baller, making a wide hole



Warm Apple Spice Cake topped with apple pie filling and cinnamon ice cream is a delightful way to celebrate National Apple Month.

for filling.

Divide honey mixture evenly between apple centers. Divide pie dough over each apple half with filling side up. Tuck and wrap dough around each apple half. Trim dough to fit. Pinch the edges of dough underneath apples to seal entirely. Combine 1 tablespoon honey with 1 teaspoon steaming hot water. Stir until honey dissolves. Brush mixture over tops of turnovers; dust with additional cinnamon. Transfer turnovers to a greased baking sheet. Bake at 375 degrees for about 35 minutes, until turnovers are golden. Remove from oven and drizzle with remaining 2 tablespoons honey. Serve warm or at room temperature.

Renee Blatt
PA Honey Queen

NUTTY CARAMEL APPLE PIE

- 6 cups thinly sliced baking apples, using 3 different varieties
- 2 tablespoons lime juice
- 1/2 cup sugar
- 1/4 cup brown sugar
- 1/4 cup flour
- 1/2 teaspoons cinnamon
- 1/4 teaspoon salt
- 9-inch double crust
- 1-2 tablespoons butter

In bowl, toss apples with lime juice. Add remaining dry ingredients and toss with apples. Place bottom pastry in 9-inch pie plate and fill with apple mixture. Dot with butter and cover with top crust. Flute edges high or attach fancy crust edge. Cut vents. Bake at 400 degrees for 40-50 minutes or until golden brown and apples are tender. Meanwhile, in small saucepan, melt 1/4 cup butter, stir in 1/2 cup packed brown sugar, and 2 tablespoons heavy cream.

Bring to a boil, stirring constantly. Remove from heat and stir in 1/2 cup chopped pecans. Pour over top crust. Return to oven 1-2 minutes until bubbly. Serve warm.

Sherry Cashdollar
1998 Farm Show Second Place

GOLDEN APPLE OATMEAL

- 1/2 cup diced sweet apple
- 1/3 cup each apple juice and water
- 1/8 teaspoon salt (optional)
- Dash each ground cinnamon and nutmeg
- 1/3 cup quick cooking rolled oats, uncooked

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

MICRO-BAKED APPLES

- 4 baking apples
- 1 1/2 tablespoons butter
- 1/3 cup brown sugar
- 3 tablespoons chopped walnuts
- 1/4 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 micro-wave-safe dishes. Pour 1 tablespoon juice or water over each apple. Cover with wax paper. Micro-cook on high 8 minutes or until tender. Makes 4 servings.

Featured Recipe

Do you prefer a tart or sweet apple? Want it juicy or crisp? Green, red, yellow or a mixture?

Pennsylvania apples offer a multitude of choices for those with differing personal tastes. Some taste better fresh, while others are better cooked or made into applesauce.

Some of the old rules pertaining to select varieties being better for applesauce and pies no longer apply. Red Delicious, once delegated to eaten fresh, has been successfully made into applesauce and pies by those desiring to reduce their sugar intake.

True, that variety isn't everyone's favorite. But that's what makes experimenting with different varieties the means of determining your own favorites.

Apples are in abundance and available from roadside stands and supermarkets, and, if you're lucky, your own backyard. Regardless of where you find apples, you'll find them highly adaptable to today's selection of recipes. Here is an easy one using canned pie filling, but you can make your own pie filling using in-season apples.

WARM APPLE SPICE CAKE

- 1 frozen pound cake, thawed
- 21-ounce can apple pie filling
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- Cinnamon ice cream (optional)

Heat oven to 425 degrees. Slice pound cake in half horizontally. Place the two halves in 8x8-inch pan. In medium bowl, combine apple pie filling, cinnamon, and nutmeg; mix well. Spoon apple mixture over cake. Bake at 425 degrees for 10-15 minutes or until warm. Serve warm with cinnamon ice cream, if desired. Serves 6.

Recipe Topics

If you have recipes for 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. Be sure to include your name and address. Recipes should reach our office one week before the publishing date listed below.

Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

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