

Home on the Range

Meals With Apple Appeal

APPLE IMPROMPTU

8 cups peeled, sliced apples
 1½ cups sugar
 ½ teaspoon cinnamon
 2 tablespoons butter
 2 teaspoons vanilla
 2 eggs
 1 cup sifted flour
 1 teaspoon baking powder

Place apples in a well-greased 9x13-inch pan. Sprinkle with ½ cup sugar and cinnamon. Cover and bake at 400 degrees for 20 minutes. Mix remaining ingredients together and spread on top of baked apples. Return to 400 degree oven for another 20 minutes or until golden brown. When cold, cut and serve upside down. Serve plain or with milk or ice cream. Delicious.

Joan Hollinger
 Ocala, FL

APPLE CINNAMON PUFFS

1 cup sugar
 1 cup water
 Red food coloring
 5 medium-sized apples
 1½ cups sifted flour
 2 teaspoons baking powder
 ½ teaspoon salt
 ¼ cup shortening
 ¼ cup milk
 2 tablespoons melted butter
 2 tablespoons sugar
 ½ teaspoon cinnamon

Boil to a syrup, about 5 minutes, sugar, water, and food coloring. Place thinly sliced apples in a shallow 8x12-inch baking dish. Pour syrup over apples. Sift together flour, baking powder, and salt. Cut in shortening, stir in milk to make a soft dough. Drop 12 spoonfuls of dough on top of apples. Make a dent in top of each and place in 2 tablespoons melted butter, sugar, and cinnamon. Bake at 450 degree oven for 25-30 minutes. Serve warm.

Esther Mishler
 Hollsopple

HIDDEN SECRET APPLE CAKE

8 medium-sized apples
 Sugar, to taste
 Cinnamon to taste
 ¼ cup butter, melted
 1 cup sugar
 1 cup flour
 1 egg
 Pinch salt
 ½ cup chopped nuts (optional)

Preheat oven to 350 degrees. Fill a 9 or 10-inch pie dish about

¾ full with sliced apples. Sprinkle sugar and cinnamon over top of apples (to taste depending on how sweet or tart the apples). In a bowl, combine melted butter, 1 cup sugar, flour, egg, salt, and nuts. Mix very well and pour over apples. Bake at 350 degrees for 45 minutes or until golden brown. Serve warm with ice cream.

Sara Derstine
 Tioga Co. Dairy Princess

CHEDDAR-APPLE GRANOLA BARS

2 cups flour
 1 teaspoon baking powder
 ½ teaspoon salt
 ¼ cup applesauce
 2 eggs
 ¼ cup apple juice concentrate, thawed
 ¼ cup canola oil
 2½ cups low-fat granola
 2 cups shredded cheddar cheese

Preheat oven to 350 degrees. Mix flour, baking powder, and salt; set aside. Combine applesauce, eggs, apple juice concentrate, and oil. Blend with whisk. Stir in flour mixture, 2 cups granola, and 1½ cups cheese. Spread into a lightly greased 9x13-inch baking pan. Top bars with remaining cheese and ½ cup granola.

Bake 20-24 minutes or until edges are lightly browned. Let stand at least 10 minutes; cut into bars. Serve warm or at room temperature.

Cristin Crile
 Washington Co. Dairy Princess

CHOPPED APPLE CAKE

4 cups apples, cut fine
 1 cup granulated sugar
 1 cup brown sugar
 1 cup oil
 2 eggs
 1 teaspoon vanilla
 3 cups flour
 1 teaspoon baking soda
 1 teaspoon salt
 1 cup chopped nuts

Sugar apples and let set one hour before baking cake. Add oil, eggs, and vanilla. Combine dry ingredients and stir. Do not beat. Add nuts. Grease and flour 9x13-inch pan. Pour into pan and bake at 350 degrees for 40-45 minutes.

Esther Mishler
 Hollsopple



Pink Lady Apples were created just a few years ago in Australia, from a natural cross of Golden Delicious and Lady William apples, so this elegant, old-fashioned dessert is down under instead of upside down. The cake itself is based on great-grandma's hot milk sponge cake. It does take a little extra effort to pinwheel the thin apple slices in the bottom of the pan, but those few minutes are worth the praise you'll get when you bring this cake to table.

Tips To Select, Store Apples

- Select firm apples that are free of bruises.
- Handle apples gently to prevent bruising.
- Refrigerate apples to keep them crisp longer.
- Store apples in a ventilated plastic bag away from strong-smelling foods.
- Coat apple slices and dices with apple or lemon juice to prevent browning.



Hoosier Apple Surprise Sammies combines cheese, apples, and peanut butter on raisin bread.

HOOSIER APPLE SURPRISE SAMMIES

4 tablespoons butter, softened
 8 slices cinnamon raisin bread
 ½ cup crunchy peanut butter
 4 slices mozzarella cheese
 1 Golden Delicious apple, thinly sliced
 8 slices cheddar cheese

Spread butter evenly on one side of each slice of bread. On the unbuttered sides of four slices of bread, spread equal amounts of peanut butter and top with slice of Mozzarella cheese. Place apple slices over cheese, and top each sandwich with two slices of cheddar cheese. Top with remaining slices of bread, buttered side out.

Preheat a large skillet or griddle over medium heat. Cook sandwiches in batches, if necessary, for 2-3 minutes per side, or until golden and the cheeses melted. Serve immediately.

Kay Eller
 Am. Dairy Association

Featured Recipe

Visually appetizing on the outside, apples are also packed inside with many of the good things you need to watch your weight and stay healthy — without unwanted fat and calories.

A medium-sized apple is fat-free, sodium-free, and cholesterol free. That makes apples a healthy snack or ingredient choice. In addition, apples are an excellent source of fiber — more than most hot or cold cereals. All this, and only 80 calories per serving.

Although fresh, crisp apples are a favorite among consumers, apples also are versatile in many cooked dishes.

Hundreds of varieties of apples are available throughout the world. One of the more recent varieties is the Pink Lady created in Australia and winning fans all over the world for their remarkable sweet-tart taste and crunch.

If you have access to the Internet, go to www.clabbergirl.com for more recipes, articles, and baking tips. Visit www.pinkladyusa.com for more information about this new apple variety.

Go ahead, experiment — try this recipe with different varieties, too.

PINK LADY DOWN UNDER CAKE

3 tablespoons butter
 ½ cup brown sugar
 2 Pink Lady apples, cored, thin-sliced
 2 eggs
 ¾ cup sugar
 ½ teaspoon vanilla
 ½ cup milk
 2 tablespoons butter
 1 cup all-purpose flour
 1½ teaspoons baking powder
 ¼ teaspoon salt

Measure 3 tablespoons butter and brown sugar into 9-inch round cake pan or 8- or 9-inch springform pan and place in oven while you preheat to 350 degrees and gather all ingredients. When butter is melted, remove pan from oven. Stir to combine with brown sugar. Spread evenly over bottom of pan. Arrange apple slices tightly overlapping in circle over brown sugar/butter mixture. Use smaller slices for center. Set aside.

In large mixing bowl, beat eggs at high speed until thick and lemon-colored, about 3 minutes. Add sugar and vanilla and beat another 2 minutes. While eggs are beating, heat milk and butter together in saucepan or microwave until butter melts.

In medium bowl, stir together flour, baking powder, and salt. Add flour mixture to beaten eggs and beat just until blended. Add hot milk and butter, and beat until blended. Pour batter over apples in pan. Bake in preheated 350 degree oven until top springs back when lightly touched with a sharp knife. If you used a cake pan, place a serving plate on top of pan, then invert and lift off pan so cake comes out upside down. For springform pan, carefully remove the ring then place serving plate on top of cake and invert. Using a spatula or knife, move any apples or sugar mixture left in the pan to the top of the cake. Serve warm or at room temperature. Top with whipped cream if desired.

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.

October

- 19 — Squash, Pumpkins
- 26 — Pennsylvania Dutch Recipes

November

- 2 — Recipes For Hunting Kills
- 9 — Sweeten Recipes With Honey