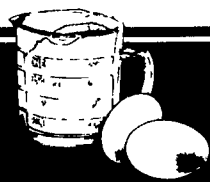




Home on the Range



Apple Appeal Comes In Many Colors

SOUR CREAM APPLE SQUARES

Crust:
2 cups flour
2 cups firmly packed brown sugar
½ cup butter, softened
Mix together and spoon 2½ cups of crust into 13x9x2-inch baking pan. Reserve remainder for topping.

Filling:
1 cup chopped nuts (optional)
1 teaspoon cinnamon
1 teaspoon baking soda
1 cup sour cream
1 teaspoon vanilla
1 egg
2 cups chopped apples
Mix together and spread over crumb mixture. Then top with remaining crust mixture. Bake at 350 degrees for 25-35 minutes.

Betsy Derstine
Mansfield

CREAM CHEESE APPLE MUFFIN

Topping:
½ cup walnuts
½ cup brown sugar
¼ cup flour
1 teaspoon lemon peel, grated
2 tablespoons melted butter
1 teaspoon cinnamon
Combine ingredients and set aside.

Muffins:
2 cups flour
¼ cup brown sugar
½ cup sugar
2 teaspoons baking soda
½ teaspoon salt
1½ teaspoon cinnamon
½ teaspoon cloves
¼ teaspoon nutmeg
2 cups apples, chopped coarsely
½ cup raisins
½ cup walnuts
3 eggs, slightly beaten
½ cup butter, melted
4 ounces cream cheese, cut into small pieces
½ teaspoon vanilla
Combine flour, sugar, salt, spices, and baking soda, and set aside. Combine apples, raisins, walnuts, eggs, butter, cream cheese, and vanilla. Add dry ingredients, a little at a time, to the apple mixture. Stir until just combined. Do not over-mix. Portion batter into muffin papers; sprinkle with topping. Bake at 375 degrees for 20-25 minutes. Makes two dozen muffins.

Miriam Leid
Ephrata

APPLE CRISP WITH CRUSHED WHEAT TOPPING

4 to 5 cups baking apples (peeled and sliced)
½ teaspoon ground cinnamon
2 tablespoons water
¼ cup all-purpose flour

½ cup packed dark brown sugar
1 teaspoon ground cinnamon
4 tablespoons stick butter, chilled
1 cup crushed wheat flakes cereal
Preheat oven to 350 degrees. Spread apples in an 11x7x2-inch pan coated with cooking spray. Sprinkle with ½ teaspoon cinnamon. Add water.

Combine flour, brown sugar, and 1 teaspoon ground cinnamon. Cut in butter, using a pastry blender or 2 forks, until mixture resembles coarse meal. Add cereal; mix and sprinkle over apples. Bake for 30 minutes. Top with frozen vanilla yogurt or ice cream if desired.

Wheat Foods Council

APPLE CINNAMON SANDWICH

4 tablespoons soft butter
8 slices cinnamon raisin bread
½ cup crunchy peanut butter
4 slices mozzarella cheese
1 Golden Delicious apple
8 slices cheddar cheese
Spread butter on one side of each slice of bread. On the unbuttered side of four slices of bread, spread equal amounts of peanut butter and top with one slice of mozzarella cheese. Place apple slices over the cheese and top each sandwich with 2 slices of cheddar cheese. Top with bread, buttered side out. Preheat a skillet on medium heat. Cook sandwiches 2-3 minutes per side until golden brown and cheese is melted. Makes 4 servings.

Ashly Derr
Lycoming County Dairy Miss

PA DUTCH APPLE PIE

8-10 apples
1 cup sugar
½ cup flour
Cinnamon
2 tablespoons butter
Put 1 tablespoon sugar and 1 tablespoon flour in bottom crust. Slice an apple and place across bottom of crust; top with apple halves; top with sugar and flour mixture.

Sprinkle with 1 tablespoon water, dot with butter and sprinkle with desired amount of cinnamon. Bake at 400 degrees for 20 minutes; reduce to 375 degrees for 45 minutes or until apples are soft. Makes 6-7 servings.

Pie crust:
1 cup flour
½ teaspoon baking powder
½ teaspoon salt
½ cup crisco
4-5 tablespoons water
Blend shortening into dry ingredients and sprinkle slowly with 4 to 5 tablespoons water until dough forms a ball. Roll out to desired size.

APPLE DUMPLINGS

Biscuit Dough:
2 cups flour
4 teaspoons baking powder
½ teaspoon salt
4 tablespoons butter
¼ cup milk
Apples
Cinnamon
Butter
Sugar
Vanilla
1 egg
Make baking powder biscuit dough with above ingredients by sifting flour then measure, add salt, baking powder, and sift again. Cut in butter gradually, add milk and make into soft dough. Roll dough to ¼-inch thick. Cut into 4-inch squares, place apple (pared and cored) in the center of square. Sprinkle with butter, sugar, and cinnamon. Draw four corners of dough together, press edge closely, prick with fork. Add 1 cup hot water in baking pan. Bake to medium brown in 350 degrees for about 35 minutes. Serve hot with sweetened milk made by beating 1 egg in milk, adding sugar to taste and vanilla or with vanilla ice cream.

Cristin Crile
Washington County Dairy Princess

GERMAN APPLE CAKE

3 eggs
2 cups sugar
1 cup vegetable oil
1 teaspoon vanilla
2 cups all-purpose flour
2 teaspoons ground cinnamon
1 teaspoon baking soda
½ teaspoon salt
4 cups chopped peeled tart apples
¼ cup chopped pecans
Frosting:
1 package (8-ounce) cream cheese, softened
2 teaspoons butter, softened
2 cups confectioners' sugar

In a large mixing bowl, beat the eggs, sugar, oil, and vanilla. Combine the flour, cinnamon, baking soda and salt; add to egg mixture and mix well. Fold in apples and nuts. Pour into a greased 13x9x2-inch baking dish. Bake at 350 degrees for 50-60 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack.

In a small mixing bowl, beat cream cheese and butter. Add confectioners' sugar, beating until smooth. Spread over cake. Refrigerate leftovers. Makes 12-16 servings.

Bethany Smucker
Narvon

COUNTRY APPLE COBBLER

1½ cups sugar, divided
¼ cup water
2 tablespoons quick-cooking tapioca
¼ teaspoon ground cinnamon
6 cups thinly sliced peeled tart apples (about 5 medium)
1 cup all-purpose flour
1 teaspoon baking powder
¼ teaspoon salt
½ cup butter, melted
¼ cup milk
1½ cups (6 ounces) shredded cheddar cheese
½ cup chopped walnuts
Whipped topping, optional
In a large saucepan, combine 1 cup sugar, water, tapioca, and cinnamon. Bring to a boil over medium heat, stirring occasionally. Remove from the heat; stir in the apples until coated. Pour into a greased 8-inch baking dish; set aside.

In a small bowl, combine the flour, baking powder, salt, and



Red, yellow, or green. Tart, tangy or sweet. Apples come in all varieties to fit every taste.

Featured Recipe

Apples rise to the top of the class when it comes to functional benefits. Recent studies show apples help reduce the risks of heart disease and certain cancers, as well as improve lung function and lower cholesterol.

Apples are also fat free, with no cholesterol or sodium. But keep the peel on — two thirds of an apple's fiber, as well as many antioxidants are found in the peel.

Apples help consumers create one-of-a-kind, yet comforting meals at home. Here is a tasty dessert from Ella Zimmerman. It appears in the "Recipes from the Heart of Union County." The cookbook benefits children's special needs. More about this cookbook compile by horse and buggy Mennonites will appear in an upcoming issue of *Lancaster Farming*.

To order a copy of the cookbook, send a check for \$9 plus \$3 for tax and shipping to Warren and Lena Burkholder, 1100 Beaver Run Rd., Mifflinburg, PA 17844.

APPLE PIE BARS

Crust:
4 cups all-purpose flour
1 teaspoon salt
1 teaspoon baking powder
1 cup shortening
4 egg yolks
2 tablespoons lemon juice
8-10 tablespoons cold water
Filling:
7 cups finely chopped, peeled apples
2 cups sugar
¼ cup all-purpose flour
2 teaspoons cinnamon
Dash nutmeg
Glaze:
1 cup confectioners' sugar
1 tablespoon milk
1 tablespoon lemon juice

Combine flour, salt, and baking powder. Cut in shortening. Whisk egg yolks, lemon juice, and water together and gradually add to flour mixture, tossing with a fork until dough forms a ball.

Divide in half and chill 30 minutes. Roll out one portion of dough to fit 15x10x1-inch baking pan. Press pastry onto bottom and up sides of pan. Trim even with top edge. In a bowl, toss apples, sugar, flour, cinnamon, and nutmeg; spread over crust. Roll out remaining pastry to fit top of pan and place over filling. Slit top. Bake at 375 degrees for 45-50 minutes or until browned. Cool. Combine glaze ingredients and drizzle over bars.

remaining sugar. Stir in butter and milk just until moistened. Fold in cheese and walnuts. Sprinkle over apple mixture. Bake at 375 degrees for 30-35 minutes or until filling is bubbly. Serve with whipped topping if desired. Makes 6-8 servings.

Bethany Smucker
Narvon

MINI APPLE TURNOVERS

1 package (8-ounce) cream cheese, softened
¾ cup butter, softened
1 egg, separated
3 tablespoons cold water, divided
2 cups all-purpose flour
7 cups thinly sliced peeled tart apples (about 6 medium)
¼ cup sugar
1½ teaspoons ground cinnamon
Additional sugar, optional
Vanilla ice cream, optional
In a mixing bowl, beat cream

cheese and butter until smooth. Refrigerate the egg white. Beat egg yolk and 2 tablespoons water into cream cheese mixture. Gradually beat in flour until well blended. Shape pastry into a ball. Cover and refrigerate for 1 hour.

Meanwhile, in a large skillet, toss apples with sugar and cinnamon. Bring to a boil. Reduce heat; cover and simmer for 8-10 minutes or until apples are tender. Remove from the heat.

Turn the pastry onto a lightly floured surface. Roll to ¼-inch thickness; cut into 4-inch circles. Top each circle with apple mixture. Brush edges of pastry with water; fold pastry over filling and seal edges well. In a small bowl, whisk egg white and remaining water; brush over pastry. Sprinkle with additional sugar if desired.

Place on greased baking sheets.

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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.

September

- 6 — Grapes, pears, and other fruits
- 13 — End-Of-Summer Produce
- 20 — Make It With Rice
- 27 — National Honey Month