



Eighty-five Ways of Using
APPLES

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Eighty-five Ways of Using Apples

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FOR MANY YEARS APPLES, as well as other fruits, have been included in the diet because of their appealing aroma, pleasing flavor, interesting texture, and attractive color. In short, they were considered mere accessories, something to give zest to the meal but not necessarily to add food value. Recent experimental evidence has pointed out to us that all fruit is to be considered a staple article of food. Many people have found improved health and greater vitality through a greater use of fruits.

The nutrients found in large enough quantities in fruit to be of dietary value may be listed as vitamins, minerals, and carbohydrates. Varying amounts of vitamins A, B, C, and G are found in fruits and in sufficient degree to be considered valuable. So much interest has been aroused concerning the importance of vitamins in the diet in recent years that we may here briefly state that vitamins are essential to growth and good health.

Because of the base-forming minerals present, fruits aid in the maintenance of the normal alkaline condition of the body. Fruits also supply essential minerals, as for example, iron. Carbohydrates in the form of sugar and starches furnish energy or fuel value to the body.

Other properties attributed to fruit may be mentioned as the stimulating effect on the appetite and flow of digestive juices, and the promoting of good intestinal hygiene.

THE FOOD VALUE OF APPLES

In this section of the country, the apple is an especially important fruit from the standpoint of production. Since Ohio produces relatively large quantities of apples, it seems pertinent to study the subject of their food value, and the selection, storage, and uses of apples.

The moisture content is responsible for the juicy characteristics that help make the apple so refreshing. The sugars and starches supply fuel value to the body. Because of the large quantities of raw apples eaten, the apple is an important factor in supplying vitamins to the diet. Vitamins A, B, C, and G are present in varying quantities. The vitamin content in apples fluctuates as to varieties: especially is this true of vitamin C. Tests show the Baldwin, Winesap, Rome Beauty, and Spitzenberg to be higher in vitamin C content than the Yellow Newtown or Golden Delicious, while Jonathan and Delicious supply even less. It has also been shown that a larger proportion of vitamin C is in the skin than in the pulp. Storage temperatures around 32° F. insure greater vitamin C content than do higher temperatures.

The apple contains the following minerals: calcium, magnesium, potassium, sodium, phosphorus, chlorine, sulfur, and iron. This content compares favorably with that in most other fresh fruits. The minerals found in apples perform important functions in the body and are of specific value in the diet.

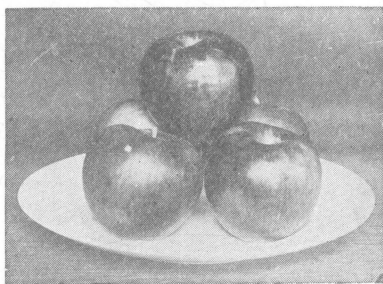
In recent years experimental evidence seems to indicate that apples have a definite therapeutic value. The Council on Foods of the American Medical Association has accepted the apple and apple powder as a wholesome food for use in the control of diarrhea during infancy and childhood.

It may also be said that a generous use of the apple for the family seems desirable from the standpoint of food value and cost.

SELECTION OF APPLES

An intelligent use of the apple challenges the consumer since there are many varieties available during the fall and winter months, and each variety has its individual characteristics. The first requirement is to know the names of the varieties of apples and what the names mean in terms of type, taste, appearance, size, quality, and use.

Choosing the Right Apple for Cooking. — Some apples are excellent for baking and cooking, others are especially good for eating raw. The firmer, tarter apples usually are most satisfactory for cooking. An apple for baking must be firm enough to hold its shape while cooking in a hot oven. The Rome Beauty, a large apple with a yellow or greenish skin mottled with bright red and striped with carmine, is generally considered a good baking apple. For pie, the apple should cook tender rapidly. Apples for sauce should cook quickly, and apples to be scalloped must hold their shape when cooked—for example, the Jonathan. General purpose apples, such as the Stayman, should be slightly less ripe for cooking than for eating.



Apples to be Eaten Raw. — These should be well colored and mature for variety. For instance, Grimes Golden should have a deep, clear yellow color with pale yellow or russet dots, and Delicious should be firm with a bright red color.

Apples to be eaten immediately should yield slightly to the pressure of the thumb, but be firm. The flesh of overripe fruit is mealy and soft, without the snap, crispness, and flavor we like for eating raw.

U. S. GRADES FOR APPLES

Apples come to the market graded in various ways, depending on the part of the country from which they come. Northwestern growers ship their apples in boxes and grade them Extra Fancy, Fancy, and C. Apples from the other parts of the country usually come in bushel baskets or the Eastern type $1\frac{1}{5}$ bushel box, or in smaller baskets such as 4, 8, and 16 quarts. In grading them the Federal grades are used. U. S. Fancy, U. S. No. 1, U. S. Commercial, U. S. Utility, U. S. No. 1 Early. Combinations of two of the grades are sometimes packed.

U. S. Fancy Grade has the highest color requirement, and fruits in this grade are the best formed, with fewest blemishes. Most apples are packed under *U. S. No. 1 Grade*, which is not so strict on color requirement, allowing good average color for the variety but also permitting a minimum of minor blemishes, none of which are "open" or affect keeping quality or incur paring losses.

U. S. Commercial is the same as U. S. 1 except for no color requirement. *U. S. Utility* also has no color requirement and allows more misformed apples and apples carrying more and larger blemishes than U. S. 1 except that no defects are allowed which are open and affect the keeping of the fruit in storage. The *U. S. No. 1 Early Grade* is primarily for summer varieties harvested in a premature condition to permit handling with minimum of waste and loss. Where combination grades are used more than 50 per cent of the fruit must meet the requirement of the higher grade designated.

In addition to the grade, which refers to maturity, color, and blemishes permitted, apple packages are also marked as to size or numerical count and also the variety.

The medium-sized apples are more economical, since the smaller the size, the greater the poundage in a given container. An added advantage is gained by buying

the smaller size, since they usually sell at a lower price than the larger ones. The smaller apples also have a higher proportion of skin to flesh, and experimental evidence indicates that the skin is richer in vitamin C than the same weight of apple flesh.

By buying in quantities big savings may be made. Most families can use a bushel of apples before they spoil. Many could use two containers without loss, thereby having the advantage of using the right apple for the proper use.

HOME STORAGE OF APPLES

Modern commercial storage methods bring the apple to the home with all its natural flavor, aroma, and succulence. The small producer, and the housewife who takes advantage of the savings gained by buying in large quantities, will profit by studying the factors that are necessary for successful storage. The most important single factor in storage is constant proper temperature. Tests have shown that a low temperature not only retards the activity of the fruit but also slows down the growth of blue mold and other fungi that rot the apples. The ideal temperatures for most varieties of apples has been found to be about 35° F. The most successful common storage temperature should approximate the commercial storage temperatures as nearly as possible.

Apples to be stored at home should be sorted carefully for blemishes, cuts, or broken skins. Under-ripe or over-ripe fruit should be eliminated; it may be canned or preserved. Only mature fruit should be stored. Place it in baskets or boxes in a cool or cold moist place, free from strong odors.

APPLE SEASONS AND USES

The following list names the seasons and the best uses for a number of Ohio varieties

Variety	In season and at their best	Eating	Baking	Pudding	Pies	Salad	Sauce	Other Uses
Astrachan	Early summer	x		x	x		x	Jelly
Baldwin	Winter	x	x	x	x	x	x	
Chenango	Late summer		x					
Cortland	Autumn and early winter	x	x	x	x	x	x	
Delicious	Autumn-winter	x	x			x		
Duchess	Midsummer			x	x		x	
Grimes Golden	Autumn	x		x	x	x	x	
Golden Delicious	Autumn-winter	x	x	x	x	x	x	
Jonathan	Autumn and early winter	x	x	x	x	x	x	Frying, Candy
Maiden Blush	Late summer and early autumn			x	x		x	Jelly
McIntosh	Autumn-winter	x	x	x	x	x	x	Frying
Melba	Late summer	x		x	x	x	x	
R. I. Greening	Early winter			x	x	x	x	
Rome Beauty	Autumn to late winter			x	x	x	x	
Northern Spy	Winter	x	x	x	x	x	x	Frying
Stayman	Winter	x	x	x	x	x	x	Frying
Transparent	Early summer			x	x		x	
Wagener	Autumn and early winter	x	x	x	x	x	x	
Wealthy	Late summer and autumn	x	x	x	x	x	x	Jelly

Seasons: Summer—July, August
Autumn—September, October

Early winter—November, December
Late winter—January—April

Apple Recipes

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Many of the apples grown are eaten raw. They are served as dessert with cheese and nuts. We find them at special occasions such as Halloween parties or, dressed up, they may even play the role of Santa Claus, as individual table favors.

Cooked, they may be served even a greater number of ways. As sauce or baked, they are used as a breakfast fruit and as dessert for other meals. With meat dishes, they are glazed or used in dressing. They are scalloped and fried with vegetables or meat. There are any number of delicious desserts, including pie, dumplings, cobbler, cake, pudding, tarts, turnovers, upside-down cake, and candies. New recipes even include apple bread, apple pancakes, and apple muffins. Preservation of the product offers still more ways to use the apple.

GENERAL RULES FOR COOKING APPLES

1. Select the right apple for the right use.
2. Use the apple with the skin when possible, to increase nutritive value.
3. Cook with as little water as possible.
4. Season sparingly with spices so as not to mask the delicate flavor of the apple.
5. Add salt to the product to improve the flavor.
6. Cook apples just until tender. Flavor and vitamin content are destroyed by long cooking.

SYMBOLS FOR MEASUREMENTS

t = teaspoon	lb. = pound
T = tablespoon	f.g. = few grains
c = cup	

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RECIPES

APPLE SAUCE

Apples	Sugar
Water	Salt

1. Select a variety of apples that cook quickly.
2. Wash, core, and slice apples, adding very little water to the apples, and cook them just until transparent and broken up.
3. Press apples through a colander while hot, add just enough sugar to sweeten and a few grains of salt.

GLAZED APPLE RINGS

1 c. water	2 T. butter	
1 c. sugar	$\frac{1}{8}$ t. salt	4 large tart apples

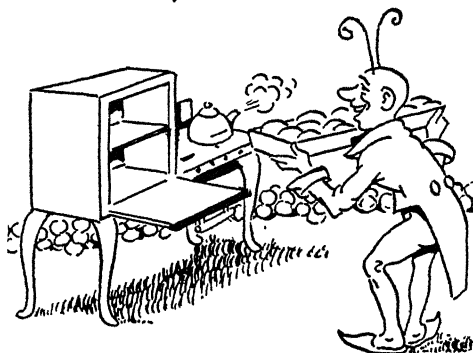
1. Combine water, sugar, salt, and 4 large tart apples, cook for 10 minutes.
2. Wash, core, pare, apples and cut crosswise in $\frac{1}{2}$ - to $\frac{3}{4}$ -inch slices.
3. Place apple rings in a single layer in a buttered shallow pan.
4. Add the hot sirup, butter, cover, and cook in moderate oven (350° F.) until tender.
5. Uncover and continue to cook until sirup is thick, turning apples occasionally.
6. Serve hot with meat or chill and serve with cold meat or cheese.

BAKED APPLES

Apples
Sugar (white or brown) Water
Butter
Salt

1. Select a variety of apple that is good for baking.
2. Wash and core apples, but do not remove blossom end.
3. Place in baking dish and fill the hollow with sugar and butter, sprinkle with salt, and add a small amount of water.
4. Bake in a hot oven (400° F.), until tender.
5. Serve hot or cold with or without cream.

Variation: Raisins and nuts may be added.



SCALLOPED APPLES

Apples
Sugar (white or brown) Butter

1. Select apples that retain their shape when cooked.
2. Wash, pare, core, and slice apples. Place a layer of apples in a buttered baking dish, sprinkle with sugar, and dot with butter. Repeat process until dish is full.
3. Cover and cook in moderate oven (325° F.) for 1 hour.
4. Buttered bread crumbs may then be spread over top and browned in the oven.
5. Serve from baking dish, hot, with the meat course.

CLARIFIED APPLES

2 c. sugar 1 qt. water 6 to 8 apples

1. Make a sirup of the sugar and water in a flat saucepan.
2. Wash apples. Skins may be left on or pared off, and apples cut in quarters or eighths.
3. Place apples in sirup and simmer until tender, turning the pieces once. Remove apples carefully.
4. Cook the sirup for 10 minutes after the apples have been removed, pour condensed sirup over apples and cool.
5. Orange or lemon juice may be used as flavoring.

OATMEAL APPLES

4 apples 1½ c. water
1 c. sugar Oatmeal (hot)

1. Wash and core apples.
2. Cook apples in sirup, made from sugar and water, until tender.
3. Drain apples and fill cavities with hot, well-cooked oatmeal.
4. Serve with cream and sugar.

APPLES MAKE REFRESHING DRINKS

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CHRISTMAS COCKTAIL

1 c. apple cider	$\frac{1}{2}$ c. orange juice
1 c. grape juice	$\frac{1}{4}$ c. lemon juice
1 c. water	Honey, white sirup or sugar to sweeten

1. Combine the above ingredients.
2. Pour over ice cubes or crushed ice.
3. If a red color is desired, add raspberry or loganberry juice and if necessary, a little red vegetable coloring.

SPICED CIDER

1 qt. apple cider	2 sticks cinnamon (broken)
$\frac{1}{4}$ c. sugar	12 whole cloves
$\frac{1}{4}$ t. salt	8 whole allspice

1. Heat to boiling and let stand overnight.
2. Reheat, remove spices, and serve hot.

Variation: Serve cold.



APPLE TREE DULCET

$\frac{1}{2}$ glass apple jelly	Few grains nutmeg
$\frac{1}{2}$ c. boiling water	1 qt. sweet apple cider
Sprigs of mint	

1. Whip $\frac{1}{2}$ glass of apple jelly to froth and add $\frac{1}{2}$ cup boiling water.
2. To this add sweet cider and few grains of nutmeg.
3. Chill thoroughly and serve with ice.
4. Garnish with a sprig of mint.

APPLE PUNCH

1 qt. apple juice	Juice of 1 lemon
1 c. pineapple juice	$\frac{2}{3}$ c. sugar
4 or 5 sprays crushed mint	

1. Combine the above ingredients.
2. Chill thoroughly and serve with ice.
3. Garnish with sprig of mint.

APPLES WITH MEAT

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FRENCHED PORK CHOPS WITH GLAZED CINNAMON APPLES

6 pork chops (Frenched)	4 tart apples
1 clove of garlic	1 c. sugar
Salt	$\frac{1}{2}$ c. water

1. Rub skillet with a cut clove of garlic.
2. Sear chop in hot skillet and season.
3. Add a small amount of water, cover closely, and cook slowly for 1 hour.
4. Slip paper frills over the ends of rib bones and arrange on platter with glazed cinnamon apples.

Glazed Cinnamon Apples:

4 tart apples (medium size)	1 c. sugar
$\frac{1}{2}$ c. red cinnamon candies	$\frac{1}{2}$ c. water

1. Wash and pare apples.
2. Make a sirup with candies, sugar, and water.
3. Cook apples slowly in sirup until they are tender but not soft.

BAKED LAMB SHOULDER CHOPS WITH TART APPLES

6 lamb shoulder chops, boned, rolled and tied	1 T. lard
2 T. flour	1 t. salt
	4 tart apples

1. Dredge chops with flour and sear, using lard in hot skillet.
2. Remove to baking dish.
3. Season and cover with sliced tart apples.
4. Cover and cook in moderate oven (350° F.) until chops and apples are tender.

SPARERIBS AND APPLE STUFFING

$\frac{1}{4}$ c. diced salt pork	5 tart apples, diced
$\frac{1}{2}$ c. chopped celery	$\frac{1}{2}$ c. sugar
$\frac{1}{2}$ c. chopped onion	2 c. diced, dry bread
Few sprigs chopped parsley	1 pr. spareribs, cracked to make serving easier

1. Cook the salt pork until crisp and remove from skillet.
2. Cook celery, onion, and parsley in fat for 5 minutes and remove.
3. Place apples into skillet, cover and cook until tender, remove lid and cook until juice evaporates and sprinkle with sugar.
4. Add other ingredients to apples.
5. Place the hot stuffing between spareribs, sew or skewer together.
6. Sear in hot oven until brown. Roast in moderate oven and cook for 1 hour at 375° F. or until tender.
7. Remove cord or skewer and serve hot.

Variation: Boned shoulder of fresh pork or roast duck may be used.

STUFFED PORK CHOPS WITH APPLES

$\frac{1}{4}$ c. chopped celery	1 T. fat
1 T. chopped onions	$\frac{1}{8}$ t. savory season, if desired
Few sprigs of chopped parsley	1 t. salt
1 c. fine bread crumbs	6 rib pork chops ($1\frac{1}{2}$ inches thick)

3 tart apples

1. Cook the celery, onion, and parsley in the fat for a few minutes. Add the bread crumbs and seasoning, and stir. Moisten slightly.
2. Cut pocket in each chop by slicing from outer edge toward bone, if not cut by the butcher.
3. Sear chops in hot skillet and fill with stuffing. Sprinkle with salt.
4. Wash, core, and cut the apples in two, crosswise.
5. Place chops on rack in roaster or in skillet.
6. Place apple, cut side down, on each chop.
7. Cover and bake in moderate oven (375° F.) for 1 hour or more.
8. Serve chops and apples together on a hot platter.

FRIED APPLES AND BACON

12 tart apples	$\frac{1}{2}$ lb. bacon	$\frac{1}{4}$ c. sugar
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1. Wash, core, and cut apples in eighths.
2. Cook bacon in a heavy skillet until crisp. Remove and keep in warm place on absorbent paper.
3. Remove all but $\frac{1}{4}$ cup of fat.
4. Place apples in skillet, cover and cook slowly until the apples are tender.
5. Sprinkle sugar over apples, turn apples carefully and let brown until transparent.
6. Serve on hot platter with bacon.

Thin slices of ham, salt pork, or sausage may be used instead of bacon.

APPLE STUFFING FOR CHICKEN

3 c. diced, toasted bread	1 c. chopped celery
$\frac{1}{2}$ c. melted butter	$\frac{1}{2}$ c. seeded grapes
1 c. milk or water	1 small diced onion
1 c. chopped apples	1 t. salt
$\frac{1}{3}$ c. chopped walnuts	$\frac{1}{2}$ t. powdered sage

1. Moisten bread crumbs with milk or water and place in melted fat in skillet.
2. Add other well mixed ingredients and turn while heating in the skillet.
3. When thoroughly heated, it is ready to stuff into the cleaned chicken.

BAKED APPLES STUFFED WITH SAUSAGE

1 lb. pork sausage	1 c. sugar
6 tart apples	1 c. water

1. Place sausage in skillet and cook until half done.
2. Wash and pare the apples and remove the centers.
3. Stuff apples with partially cooked sausage.
4. Place in baking dish. Sprinkle with sugar. Add 1 cup water, cover and bake in a moderate oven (375° F.) until apples are tender and sausage is cooked.
5. Serve on a platter or in the baking dish.

SAUSAGE, CABBAGE, AND APPLES EN CASSEROLE

$\frac{3}{4}$ lb. sausage
4 tart pared and diced apples
Salt

1 small head of cabbage
(shredded)
1 T. vinegar

1. Make sausage into cakes and fry until well browned on both sides, and about half cooked.
2. Into a greased baking dish, place alternate layers of shredded cabbage and diced apples, salting the layers as they are placed. Arrange to have apples as top layer.
3. Place sausage cakes over the top.
4. Rinse skillet with vinegar and pour over the contents of the baking dish.
5. Cover and cook until the cabbage and apples are tender.
6. Serve from baking dish.

Variation: Seasoned ground beef may be used instead of sausage.

HAM-APPLE CASSEROLE

Ham, slice 1 inch thick
2 cloves
8 T. brown sugar

1 T. onion juice

3 or 4 tart apples
1 T. butter
1 c. boiling water

1. Stick cloves in ham.
2. Rub meat with brown sugar and place into a baking dish.
3. Add onion juice.
4. Pare, core, and quarter tart apples and place over ham.
5. Sprinkle with remaining brown sugar and dot with butter.
6. Add boiling water, cover, and bake in moderate oven (350° F.) until meat is tender.

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APPLES WITH VEGETABLES

FRIED APPLES AND ONIONS

5 tart apples
2 c. onions

$\frac{1}{4}$ t. salt

3 T. fat
1 T. sugar

1. Wash, core, and slice apples.
2. Wash, peel, and slice onions.
3. Melt fat in a heavy skillet, add apples and onions, cover securely and cook slowly until tender. Stir frequently to prevent scorching.
4. Remove the cover, add sugar and salt, and continue the cooking until a bright brown.
5. Serve on a hot platter.

FRIED APPLES AND CARROTS

6 tart apples
6 medium sized carrots

2 T. fat

1 T. sugar
 $\frac{1}{4}$ t. salt

1. Wash, core, and slice apples about $\frac{1}{4}$ inch thick.
2. Wash and scrape carrots and cut lengthwise into thin slices on board.
3. Place fat, apples, and carrots in a large skillet, cover securely, and cook until well browned, turn and brown on other side.
4. Sprinkle with sugar and salt just before cooking is finished.
5. Serve on hot platter.

SCALLOPED APPLES AND SWEET POTATOES

4 medium sized apples	$\frac{1}{2}$ t. salt
3 medium sized sweet potatoes	3 T. butter or other fat
$\frac{1}{2}$ c. sugar	$\frac{1}{4}$ c. water

1. Wash and cook sweet potatoes in boiling water until tender. Cool and remove skins and slice.
2. Pare, core, and slice apples.
3. Arrange sweet potatoes and apples in alternate layers in a greased baking dish.
4. Sprinkle each layer with sugar and salt, and dot with butter.
5. Add water.
6. Bake for 30 to 45 minutes in moderate oven (375° F.) or until apples are cooked and top is brown.
7. Serve in baking dish.

APPLE CUPS FILLED WITH SWEET POTATOES

6 medium sweet potatoes	$\frac{1}{2}$ c. hot milk
$\frac{3}{4}$ c. granulated sugar	3 T. brown sugar
1 $\frac{1}{2}$ c. water	$\frac{1}{2}$ t. salt
6 medium apples	6 marshmallows
	$\frac{1}{4}$ c. chopped pecans

1. Scrub and cook sweet potatoes in boiling water until tender, and peel.
2. Add water and sugar and heat.
3. Wash, pare, and scoop out center of apples.
4. Place apples in sirup and cook 40 minutes or until tender, basting frequently.
5. Fill with potatoes, mashed smooth with hot milk, brown sugar, salt, nuts. Top with marshmallow.
6. Place in baking dish with remaining sirup.
7. Bake in moderate oven (375° F.) ten minutes or until marshmallows brown.



SCALLOPED APPLES WITH CABBAGE

6 medium apples (tart)	1 t. sugar
1 medium head of cabbage	6 T. butter or other fat
2 t. salt	1 c. bread crumbs

1. Wash, pare, core, and slice apples.
2. Wash and shred cabbage.
3. Place apples and cabbage in alternate layers in a greased baking dish. Sprinkle each layer of apples with sugar and salt, and dot with fat.
4. Spread buttered crumbs over last layer.
5. Cover and bake for 45 minutes in moderate oven (375° F.) or until cabbage and apples are tender. Remove lid in time to brown crumbs.
6. Serve in baking dish.

APPLES AND PARSNIPS EN CASSEROLE

Parsnips	1 t. salt
3 tart apples	$\frac{1}{4}$ t. paprika
3 T. butter	$\frac{1}{4}$ c. honey

1. Wash, scrape, and parboil parsnips in boiling, salted water to cover, and slice.
2. Wash, pare, and slice apples. Partially cook in a small amount of water until they just begin to be tender.
3. To a buttered baking dish add alternate layers of sliced parsnips and sliced apples. Sprinkle over each layer butter, salt, paprika, and honey.
4. Cover and bake for 30 minutes in a moderate oven (375° F.). Remove lid to brown.
5. Serve from casserole.

SCALLOPED HUBBARD SQUASH AND APPLES

$\frac{1}{2}$ small squash	4 T. butter
$\frac{1}{2}$ c. brown sugar	$1\frac{1}{2}$ c. tart apples
1 t. salt	(thinly sliced)

1. Wash squash and cook in small amount of boiling water until tender.
2. Remove pulp and place half of it in bottom of buttered baking dish.
3. Cover with apples and sprinkle with half the seasoning. Cover again with squash pulp, apples, and seasoning.
4. Bake in moderate oven (375° F.) for 1 hour.
5. Serve from baking dish.

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APPLES IN SALAD

The Cortland and Golden Delicious are varieties that do not turn dark on standing when made into a salad. Other apple varieties when used in salad should be sprinkled with lemon juice or dipped into French dressing.

When a variety has an attractive thin red skin such as Jonathan, Delicious, and McIntosh, the peel can be left on when dicing or slicing for salads.

When preparing lettuce, wash and crisp in cold water. Drain before using. A clean towel may be used to remove excess moisture.

APPLE SALAD COMBINATIONS

White grapes, celery and red apples	Ham, celery, and apple
Date, apple, and nuts	Chicken, celery, pineapple, and apple
Cabbage, celery, apples, and chopped nuts	Tongue, celery, and tart apple
Cherries (fresh or canned), celery, apple, and chopped nuts	Tuna fish, celery, and apple
	Pear, celery, apple, and almond
	Carrots and apples

FRUIT SALAD

Diced apples are excellent in many kinds of fruit salads. The apples give the crisp texture often lacking in salads made from canned fruits.

APPLE AND MEAT SALAD

1 head lettuce	1 T. oil
$\frac{1}{2}$ lb. cold diced veal, lean pork or chicken	1 T. vinegar
2 large tart apples	1 t. salt
2 diced pickles	Mayonnaise dressing

1. Wash and dice the apples.
2. Combine diced meat and apples.
3. Add diced pickles, oil, vinegar, and salt; mayonnaise dressing to moisten.
4. Serve in lettuce cups.

BLUSHING APPLE SALAD

Firm tart apples	$\frac{1}{4}$ c. cinnamon candies
2 c. water	Cottage or cream cheese
1 c. sugar	Mayonnaise or French dressing
	Lettuce or salad greens



1. Wash, pare, and core apples.
2. Cook apples in a covered pan in sirup made from water, sugar, and candy.
3. Drain the apples, chill, and fill with cottage or cream cheese.
4. Serve on lettuce with mayonnaise or French dressing.

CIDER GELATIN SALAD

2 T. gelatin	$\frac{1}{2}$ c. chopped celery
$2\frac{1}{2}$ c. clear cider	1 c. chopped apples
$\frac{1}{4}$ t. salt	1 T. finely chopped parsley
$\frac{1}{4}$ c. chopped nuts	Lettuce or other garnish
	Dressing

1. Soak gelatin in $\frac{1}{2}$ cup of cold water.
2. Heat the remainder of cider to boiling point, pour into the gelatin, stir until dissolved, strain and chill.
3. When gelatin mixture begins to set, stir in the celery, apples, salt, parsley, and nuts.
4. Rinse molds in cold water and pour mixture into them.
5. When gelatin mixture is set, turn out on lettuce and serve with French or mayonnaise dressing.

WALDORF SALAD

4 firm tart red apples	1 head lettuce or other salad greens
1 c. chopped crisp celery	Mayonnaise or cream dressing
$\frac{1}{4}$ c. chopped nuts	

1. Wash and dice apples and combine with chopped crisp celery and chopped nuts.
2. Add and lightly combine enough dressing to moisten.
3. Serve at once on crisp lettuce or other salad greens.
4. If using walnuts, it is better to sprinkle the nuts on top of the salad just before serving, as the nut skins tend to darken the fruit.

APPLE AND CABBAGE SALAD

4 firm tart red apples Cream dressing
1 small head crisp cabbage, shredded Grated horseradish

1. Wash and dice apples.
2. Combine apples with shredded cabbage.
3. Mix with salad dressing. Cream dressing, seasoned with horseradish, is a good combination for this salad.
4. Serve at once on cabbage leaves.

APPLE, WATERCRESS, AND CHEESE SALAD

2 c. diced, red, tart apples Shredded leaf lettuce
1 c. watercress 4 stuffed olives
 $\frac{1}{4}$ lb. Neufchatel cheese French or mayonnaise dressing

1. Clean, wash, and remove stems from watercress.
2. Combine with apples.
3. Line a salad bowl with shredded lettuce.
4. Place apple and cress mixture on lettuce.
5. Press cheese through a strainer over the top.
6. Garnish with olives cut in 3 rings each.
7. Serve at table with French dressing.

APPLE, CHEESE, AND NUT SALAD

Lettuce hearts 2 c. diced red apples
1 c. cottage cheese 3 T. honey
 $\frac{1}{4}$ c. mayonnaise $\frac{1}{2}$ c. chopped walnuts

1. Mix salad ingredients lightly.
2. Serve on three small lettuce cups grouped on individual salad plate.
3. In February garnish with pimientoes or red cherries.
4. In March garnish with green peppers, pistachio nuts, parsley, or green cherries.

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APPLES IN BREADS

APPLE MUFFINS

2 c. flour 1 c. milk
5 t. baking powder 1 egg
1 t. salt 4 T. melted fat
1 T. sugar Cooked, sweetened apple sauce

1. Sift dry ingredients.
2. Combine the milk, beaten eggs, and melted fat and pour all at one time into the dry ingredients. Stir until dry ingredients are just dampened (about 25 revolutions).
3. Into oiled muffin pans place 1 T. of batter, 1 T. apple sauce, and fill to one-half to two-thirds full with batter.
4. Bake in a hot oven (425° F.) 20 to 25 minutes.

APPLE BREAD

2 c. milk	2 T. fat
1 cake yeast	1 T. malt (this improves crust, but is not absolutely necessary)
2 T. sugar	1 c. apple sauce (unsweetened)
1 T. salt	

8 c. flour (all-purpose)

1. Add yeast, sugar, and salt to lukewarm milk, then add apple sauce and malt.
2. Add one-half of flour and beat until smooth. Add balance of flour or enough to make a dough that can be handled.
3. Knead until smooth and elastic.
4. Place in bowl, cover, and set in moderately warm place to rise until light.
5. Shape into loaves, place in slightly oiled pan, cover and let rise until double in bulk.
6. Bake in hot oven (430° F.) for 10 minutes then lower to 375° F. Bake until it sounds hollow when tapped and is loose in pan.

Variations: $\frac{1}{2}$ cup or less of seeded raisins may be added to the above ingredients. Dust raisins with flour and add to other ingredients when the last half of flour is added.

APPLE WAFFLES

1 $\frac{3}{4}$ c. flour	1 c. milk
2 $\frac{1}{2}$ t. baking powder	4 to 6 T. melted fat
$\frac{1}{2}$ t. salt	1 c. finely chopped or shredded raw apple
1 T. sugar	2 egg whites
2 egg yolks	

1. Sift dry ingredients together.
2. To warm milk, add melted fat and beaten egg yolk.
3. Combine liquid with dry ingredients and add raw apples. Stir until well blended.
4. Fold in beaten egg whites.
5. Bake on hot, well-greased iron waffle iron or on a preheated electric waffle iron, for 3 to 4 minutes, or until a golden brown and crisp.
6. Serve immediately.

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APPLES IN SANDWICHES

OPEN FACE APPLE AND BACON SANDWICHES

Toast	Bacon	Thick apple sauce
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1. Cover a slice of toasted bread with a thick layer of heavy apple sauce.
2. Place two slices of bacon on top of the sauce and put in a hot oven until bacon is crisp.
3. Serve at once.

OPEN FACE APPLE CHEESE SANDWICHES

White bread	Mayonnaise
$\frac{1}{3}$ -oz. pkg. cream cheese	Apples
Cream	$\frac{1}{2}$ c. chopped nuts

1. Cut the bread in $\frac{1}{4}$ -inch slices and cut into rounds about 2 inches in diameter. Spread with mayonnaise and press nut meats in bread.
2. Mix cream cheese with enough cream to make it spread easily.
3. Spread top of bread rounds with this mixture.
4. Just before serving place apple rings with skins on top of each cheese covered sandwich.

APPLES IN CAKES

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GINGERBREAD-APPLE UPSIDE-DOWN CAKE

Apple Mixture

2 T. butter
 $\frac{1}{2}$ c. sorghum or molasses
 2 apples, pared, cored,
 and sliced thin

Gingerbread Recipe

2 c. flour (all-purpose) $\frac{1}{4}$ t. salt
 $\frac{1}{4}$ c. sugar 1 c. sorghum or molasses
 1 t. ginger $\frac{1}{2}$ c. sour milk
 $\frac{1}{2}$ t. cinnamon 1 egg
 1 t. baking powder $\frac{1}{4}$ c. fat
 $\frac{3}{4}$ t. soda

1. Melt butter in 8-inch pan with 2-inch depth. This pan should be glass or heavy metal.
2. Add sorghum and heat over low flame.
3. When entirely blended cover surface of sorghum mixture with apples.
4. Sift dry ingredients two or three times.
5. Combine softened fat, beaten egg, and liquid.
6. Combine liquid and dry ingredients, beating well for 2 minutes.
7. Pour gingerbread batter over apples in pan.
8. Bake in a moderate oven (350° F.) for 50 minutes or until done.
9. Loosen cake from sides and bottom of pan with spatula.
10. Serve upside down on plate with apples on top. May garnish with hard sauce or whipped cream.

Variation: Instead of using gingerbread recipe, use plain or yellow sponge cake recipe. Substitute one-half cup granulated or brown sugar for sorghum or molasses to be placed with apples in pan.

APPLE SAUCE CAKE

$\frac{1}{2}$ c. fat	1 c. chopped raisins
1 c. sugar	$2\frac{1}{2}$ c. sifted flour
1 c. thick unsweetened smooth apple sauce	$\frac{1}{2}$ t. cinnamon
1 t. soda	$\frac{1}{2}$ t. cloves
$\frac{1}{2}$ t. salt	$\frac{1}{4}$ t. nutmeg

1. Cream the fat and sugar together, add the apple sauce.
2. Mix the raisins with $\frac{1}{2}$ c. flour, sift the rest of flour with spices, soda, and salt.
3. Add dry ingredients to liquid mixture and beat well.
4. Pour into oiled pan and bake in a very moderate oven (300 to 325° F.) for 1 hour.

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APPLES IN PASTRY

APPLE PIE

6 to 8 apples (tart)	$\frac{1}{8}$ t. cinnamon or nutmeg
1 to $1\frac{1}{2}$ c. sugar (depending on tartness of apples)	(This may be added if flavor of apple is not at its best toward end of season)
2 T. flour	
$1\frac{1}{2}$ T. butter	

(See recipe for Plain Pastry and Directions for Making Pie on page 18.)

PLAIN PASTRY

1½ c. all-purpose flour or
2 c. pastry flour
1 t. salt
6 T. fat (cold)
¼ c. water (cold)

1. Sift the salt and flour.
2. Add the cold fat. Lightly and quickly break the fat into particles, the size of a bean or pea. This may be done with fingers or knives.
3. Sprinkle water by tablespoons over dry ingredients and with aid of a fork, toss as much dry flour on moistened flour as possible. Distribute water evenly, until whole mixture is dampened. Press dough together lightly and divide into two parts for lower and upper crust. Chill in refrigerator or cold place.

Directions for making pie:

1. Wash, pare, core, and slice baking apples.
2. To apples, add sugar and flour and mix well.
3. Arrange to have oven hot (450° F.) when ready with pie.
4. Roll lower crust to ⅛-inch thickness and cover pie plate with pastry.
5. Add apples mixed with sugar and flour and moisten rim of bottom crust.
6. Dot mixture with butter.
7. Cover with perforated top crust, being careful to seal crusts at joinings.
8. Bake pie at 450° F. for 15 to 20 minutes, then decrease heat to 400° F. and bake for 30 minutes or more until crust is golden brown and apples are tender.
9. Serve warm with well flavored cheddar cheese, if desired.

APPLE PIE WITH CHEESE PASTRY

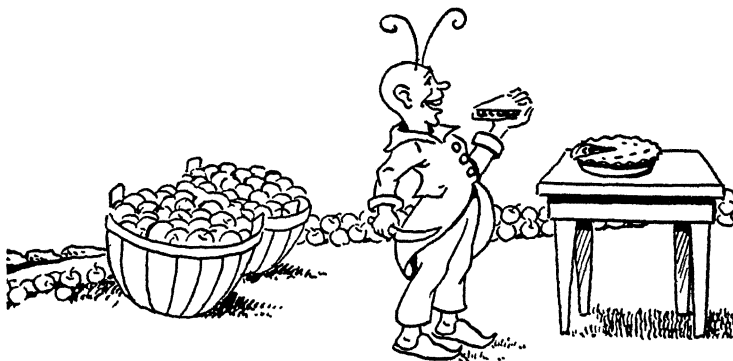
To the above pastry recipe add ⅓ to ½ cup grated cheese at the time the fat is combined with the flour. Proceed as for plain pastry.

APPLE PIE WITH MELTED CHEESE

Just before serving an apple pie, lay thin slices of cheese, or sprinkle grated cheese, over the top. Place in moderate oven (325° F.) and melt the cheese. Serve immediately.

APPLE PIE WITH SPICED PASTRY

To the above pastry recipe add ½ t. cinnamon and ¼ t. cloves at time the salt is added to the flour.



APPLE DUMPLINGS

4 or 5 apples
1 c. sugar
 $\frac{1}{4}$ t. salt

1 T. butter
 $\frac{1}{2}$ t. cinnamon or nutmeg
(if desired)

1. Make pastry as for apple pie and chill.
2. Wash, pare, core, and slice apples, and mix with sugar and salt.
3. Arrange to have oven hot (450° F.) when ready for baking.
4. Roll out pastry dough about the size of fruit plate.
5. In center of each, place apple mixture about the amount from one apple. Dot with butter.
6. Lift edges of dough and press together.
7. Bake in muffin tin at 450° F. for 30 minutes, or until apples are tender and crust is golden brown.
8. Serve hot with lemon sauce.

Lemon Sauce:

3 T. flour
1 c. sugar
Grated rind of lemon

1 c. boiling water
Juice of lemon, strained
2 T. butter

1. Combine flour, sugar, and lemon rind.
2. Add boiling water and cook 5 minutes.
3. Add lemon juice and butter.

APPLE TURNOVERS

4 apples
 $\frac{1}{2}$ c. sugar
 $\frac{1}{4}$ t. salt

1 T. butter
 $\frac{1}{2}$ t. cinnamon, if apples are
not at their best

1. Make plain pastry and chill.
2. Wash, pare, core, and slice apples very thin.
3. Mix apples with sugar, salt, and cinnamon.
4. Arrange to have oven hot (450° F.) when ready for baking.
5. Roll pastry, as for pie, and cut in 4-inch squares.
6. Arrange layers of apples on one diagonal half of the square and dot with butter.
7. Moisten the lower rim of the pastry and bring the other part over it and press the two edges together with tines of a fork. Make perforations in the top crust.
8. Bake in a moderately hot oven (450° F.) for almost 20 minutes or until apples are tender and crust is golden brown.

APPLE COBLER

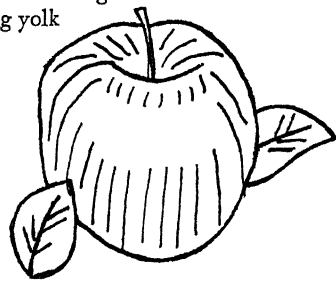
Filling:

4 to 6 apples
1 c. sugar
1 T. butter

Pastry:

1 $\frac{1}{2}$ c. flour
 $\frac{1}{2}$ t. salt
 $\frac{1}{4}$ c. milk
 $\frac{1}{2}$ c. shortening
1 egg yolk

1. Blend flour, salt, and shortening with fingertips.
2. Mix beaten egg with milk.
3. Combine mixtures to make a dough.
4. Arrange to have oven hot (450° F.) when ready to bake.
5. Wash, pare, core, and slice apples and mix with sugar.
6. Roll dough in two squares to fit a 7 by 7-inch pan.



7. Line the bottom of pan with a square of dough.
8. Over dough place apple and sugar mixture and dot with butter.
9. Moisten edges of the pastry in the pan. Cover with the remaining crust, press edges securely together. Make small slits in top to allow for escape of steam.
10. Sprinkle top with sugar.
11. Bake in oven 450° F. for 10 minutes, then reduce to 375° F. for about 30 minutes or until apples are soft.
12. Serve warm.

APPLE DUMPLINGS SUPREME

2 c. flour (all-purpose)	$\frac{3}{8}$ c. milk
2 t. baking powder	1 T. butter, melted
1 t. salt	1 t. cinnamon
2 T. butter	2 T. brown sugar
1 T. lard	3 large tart apples (chopped)

Sauce:

1 c. white sugar	1 T. butter
1 c. brown sugar	1 c. water
$\frac{1}{2}$ t. salt	$\frac{1}{2}$ lemon sliced thin

1. Sift together flour, baking powder, and salt.
2. Mix lard in dry ingredients to a meal consistency.
3. Add milk all at once and stir with fork as for baking powder biscuits.
4. Roll to $\frac{1}{2}$ -inch thickness.
5. Brush with melted butter and sprinkle with cinnamon and brown sugar and spread with chopped apples.
6. Roll as for jelly roll, cut, place in a buttered pan cut side up.
7. Make a sauce by combining the sauce ingredients and cooking, omitting the lemons until the sirup is made.
8. Pour the sauce over the top of dumplings.
9. Bake in a hot oven (425° F.) for 25 minutes.

APPLE STRUDEL

2 c. flour	Melted butter
$\frac{1}{2}$ c. butter	1 to 1 $\frac{1}{2}$ qts. tart apples
1 egg	$\frac{3}{4}$ c. sugar
$\frac{1}{2}$ to $\frac{3}{4}$ c. water	$\frac{1}{4}$ t. cinnamon

1. Combine flour and butter on a board.
2. Work in egg and water, enough to make a dough that comes off the board clean.
3. Cover and let stand 30 minutes.
4. Roll dough on well floured cloth.
5. Stretch so it becomes thin as paper but does not break.
6. Sprinkle with melted butter.
7. Wash, pare, core, and chop tart apples.
8. Mix apples with sugar and spice, if used, and spread on dough.
9. Roll the dough like a jelly roll, by lifting edges of cloth.
10. Press edges and ends together.
11. Place in a buttered pan and sprinkle with sugar.
12. Bake at 400° F. until nicely browned and apples are tender.
13. Serve warm or cold.

APPLES IN DESSERTS

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APPLE RICE PUDDING

$\frac{3}{4}$ c. sugar	$\frac{1}{2}$ t. salt
2 eggs, separated	$\frac{1}{2}$ t. cinnamon
$\frac{1}{2}$ c. raisins	3 large cooking apples
1 c. cooked rice	$\frac{1}{4}$ c. butter

1. Add the egg yolks, sugar, raisins, cinnamon, and salt to the cooked rice.
2. Wash, pare, core, and cut apples into small pieces and add to the above mixture.
3. Melt the butter and stir into mixture.
4. Fold in the stiffly beaten whites of the eggs.
5. Pour mixture into a buttered baking dish and bake in moderate oven 40 minutes (375° F.).
6. Serve hot or cold.

APPLE TAPIOCA

$\frac{1}{2}$ c. quick cooking tapioca
2 c. boiling water
$\frac{1}{2}$ c. sugar
$\frac{1}{2}$ t. cinnamon
$\frac{1}{2}$ t. salt
Juice 1 lemon
6 apples



1. Add boiling water to the tapioca and cook in double boiler for 15 minutes, or until tapioca is clear.
2. Add sugar, cinnamon, salt, and lemon juice.
3. Wash, pare, core, and slice apples. Place in a buttered shallow baking dish and pour tapioca mixture over it.
4. Place in a moderate oven (375° F.) and bake until apples are tender and top is browned.
5. Serve hot or cold with plain or whipped cream.

APPLE MERINGUE GLACE

6 apples	4 T. sugar
1 can shredded pineapple	$\frac{1}{2}$ c. almonds, cut lengthwise in fourths
2 egg whites	

1. Wash, pare, and core apples.
2. Drain pineapple pulp and fill centers of apples with pineapple.
3. Place apples in baking dish, adding pineapple juice to dish and bake apples until tender, then cool.
4. Beat egg white until stiff, add sugar and cover cold apples with meringue.
5. Stick almonds in meringue.
6. Place in oven and bake in slow oven (255° F.) until lightly browned and crisp.

APPLE FLOAT

2 c. thick apple sauce, sweetened	4 egg whites
$\frac{1}{8}$ t. salt	$\frac{1}{2}$ c. whipping cream
	3 T. lemon juice

1. Add salt and lemon juice to apple sauce.
2. Beat the egg whites very stiff.
3. Fold apple sauce into egg whites.
4. Serve on individual plates. Cinnamon may be sprinkled over top.
5. Garnish with a small amount of whipped cream.

Variation: Mixture may be placed in baking dish in pan of hot water and baked in slow oven (300 to 350° F.) until egg is coagulated. Soft custard makes a delicious sauce over this.

APPLE MELBA

1 c. water	4 tart apples
1 c. sugar	1 pint vanilla ice cream
$\frac{1}{2}$ lemon	$\frac{1}{2}$ c. raspberry sauce

Lemon peel, few thin slices

1. Combine sugar and water and bring to a boil.
2. Pare and core tart apples. Cook apples, juice of $\frac{1}{2}$ lemon, and few slices of lemon peel in sirup until tender.
3. Carefully lift out and place in shallow pan.
4. Pour sirup around apples, sprinkle granulated sugar over the tops and glaze in a very hot oven or under broiler.
5. Cool and remove to individual serving dishes.
6. Fill cavity with vanilla ice cream, pour over raspberry sauce.
7. Sweetened whipped cream may be added on top.

APPLE DESSERT

2 apples	1 c. sugar
1 egg	1 t. baking powder
$\frac{1}{2}$ c. chopped nuts	2 T. flour

1. Pare apples and chop fine.
2. Beat egg and mix all ingredients.
3. Bake in a shallow pan at 360° F. for about 25 minutes, or until a macaroni-like crust forms.
4. Remove from pan while warm and place in sherbet glasses.
5. Serve cold with whipped cream. Can be made a day in advance.

GRAPE-APPLE PUDDING

1 c. boiling water	1 c. sugar
1 c. hot grape juice	6 medium tart apples
5 T. minute tapioca	$\frac{1}{2}$ c. walnuts (if desired)
$\frac{1}{2}$ t. salt	Whipped cream

1. Add grape juice to water, and stir tapioca into it. Add salt.
2. Cook in double boiler for 15 minutes, stirring frequently.
3. Wash, pare, and core apples and cut in eighths. Add apples and sugar to the tapioca mixture and cook for 4 minutes.
4. Pour mixture into buttered baking dish and bake in moderate oven (350° F.) until apples are tender.
5. Serve with sweetened whipped cream; add the walnuts if desired.

APPLE CRISP

1 c. sugar	$\frac{1}{2}$ c. water
$\frac{1}{2}$ c. butter	$\frac{1}{2}$ t. cinnamon
$\frac{3}{4}$ c. flour	8 medium apples

1. Combine the butter, sugar, and flour with the fingertips.
2. Wash, pare, and slice apples and place in buttered baking dish.
3. Sprinkle apples with cinnamon and add the water.
4. Spread flour mixture over the apples.
5. Bake in uncovered pan in moderate oven (350° F.) for 30 minutes.
6. Serve plain or with cream.

JELLIED FUDGY APPLES

$\frac{1}{2}$ c. sugar	1 c. cold water
1 c. water	1 c. brown sugar
6 apples, pared and cored	1 T. butter
1 package lemon gelatin	$\frac{1}{4}$ c. milk

1. Boil white sugar and water 10 minutes.
2. Add apples and cook carefully until tender. Drain and arrange in one large or six small molds.
3. Measure the boiling sirup, add boiling water to make 1 cup.
4. Add lemon gelatin and stir until dissolved. Add 1 cup cold water. Cool.
5. Prepare fudge by boiling together brown sugar, butter, and milk to 238° F. or until a soft ball forms when tested in cold water.
6. Beat until creamy and fill centers of apples with fudge mixture.
7. When cool, pour gelatin mixture over apples to fill mold. Chill until firm.
8. Serve with whipped cream.

Variation: $\frac{1}{2}$ cup chopped nut meats may be added to fudge mixture, if desired.

APPLE PUFFS

3 apples	$\frac{1}{8}$ t. salt
1 c. flour	1 $\frac{1}{2}$ t. baking powder
1 egg	Fat for deep frying
$\frac{3}{4}$ c. milk	Powdered sugar

1. Wash, pare, and chop apples fine.
2. Add one-half of milk to $\frac{3}{4}$ cup flour and salt, drop in the egg, beat vigorously.
3. Add remainder of milk, and flour to which baking powder has been thoroughly mixed by sifting together.
4. Add the finely chopped apples and, when mixed, drop by spoonfuls into hot deep fat at 375° F., or until an inch cube of bread will brown in 1 minute.
5. Cook to a golden brown; remove, and drain on brown paper or absorbent paper.
6. Dredge generously with powdered sugar.
7. Serve with flavored cream sauce.

Flavored Cream Sauce:

$\frac{1}{2}$ c. butter	$\frac{1}{4}$ c. cream
1 c. powdered sugar	$\frac{1}{2}$ t. vanilla or other flavoring

1. Cream butter until light, add the sugar, and beat until smooth. Add whole egg and beat.
2. Pour in cream and add flavoring and beat until thoroughly blended.

APPLE BROWN BETTY

2 qts. diced, tart apples	$\frac{1}{2}$ t. cinnamon
1 qt. bread crumbs, oven toasted	$\frac{1}{4}$ t. salt
$1\frac{1}{2}$ c. brown sugar or granulated sugar	$\frac{1}{2}$ c. melted butter
	Hot water to moisten

1. Combine sugar, cinnamon, and salt.
2. Place alternate layers of bread crumbs and apple in a buttered baking dish.
3. Over each layer sprinkle part of sugar mixture and melted butter.
4. Pour hot water over top layer of crumbs to moisten, cover and bake for 45 minutes or until apples are soft. Remove cover and allow top to brown.
5. Serve hot, with plain or whipped cream or hard sauce.

APPLE BAVARIAN CREAM

2 T. gelatin	$\frac{1}{8}$ t. salt
$\frac{1}{3}$ c. cold water	1 c. sweetened apple sauce (chilled)
2 eggs	2 t. lemon juice
$\frac{1}{2}$ c. sugar	1 c. whipped cream
$1\frac{1}{2}$ c. hot milk	$\frac{1}{2}$ t. vanilla

1. Soak the gelatin in the water.
2. Separate eggs and beat yolks. Combine yolks with sugar and beat.
3. Pour hot milk over sugar and egg mixture, add salt and cook in double boiler until mixture thickens, about 15 minutes.
4. Add gelatin, beat until dissolved and cool.
5. Add chilled apple sauce and lemon juice.
6. Beat egg whites until stiff and fold into chilled mixture.
7. Fold in whipped cream and vanilla.
8. Pour into wet pans and chill for 3 hours.
9. Dip in warm water to remove from mold and serve on large plate or platter.



ICE BOX CAKE

$\frac{1}{2}$ c. sugar	1 c. apple sauce
1 t. cornstarch	3 eggs
1 T. butter	Juice of 1 lemon

1. Make a custard by combining and cooking sugar, cornstarch, melted butter, apple sauce, and egg yolks. Partially cool.
2. Add the lemon juice and fold in the beaten egg whites.
3. Line pan with oiled paper.
4. Line the bottom and sides of a deep cake pan with ladyfingers, separated and placed with the rounded side toward the pan, as close together as possible.
5. Place a layer of filling on the cakes in the mold. Cover this with ladyfingers and pour over more filling.
6. Over this arrange ladyfingers on top like spokes of a wheel.
7. Place in a refrigerator or other cool place from 20 to 24 hours.
8. Remove from pan.
9. Place on cake plate, cover top with sweetened whipped cream.

APPLE FRITTERS

3 medium sized tart apples	$\frac{2}{3}$ c. milk
1 c. sifted flour	1 egg, well beaten
1 $\frac{1}{2}$ t. baking powder	Fat for frying
$\frac{1}{4}$ t. salt	Powdered sugar

1. Wash, pare, core, and cut the apples crosswise $\frac{1}{4}$ -inch thick.
2. Sift dry ingredients.
3. Add the milk to the well beaten egg, then combine slowly to dry ingredients and stir until smooth.
4. Heat deep fat to 375° F. or until an inch cube of bread will brown in 1 minute.
5. Dip apple rings into batter, drain, and carefully place in hot fat.
6. Cook from 3 to 5 minutes, until apples are tender and the fritter a golden brown.
7. Drain on absorbent paper, sprinkle with powdered sugar and cinnamon and serve hot.

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APPLES IN FROZEN DESSERTS

APPLE SHERBET

1 $\frac{3}{4}$ c. sugar	$\frac{1}{2}$ c. lemon juice
1 c. water	4 c. apple juice
	1 c. sour cream, whipped

1. Boil the sugar and water 10 minutes and cool.
2. Add the apple and lemon juice and freeze to a mush.
3. Add the whipped cream and continue freezing.

CRANBERRY AND APPLE ICE

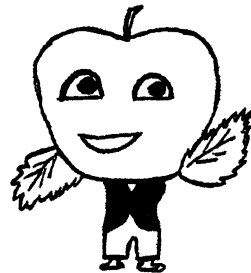
2 c. cranberries	1 c. sugar
1 c. boiling water	2 c. grated tart apples

1. Wash and sort cranberries and cook in boiling water. Simmer until skins burst and strain through medium mesh sieve.
2. Add water to make 2 cups of pulp and juice, add sugar and cook 2 minutes and cool.
3. Add an equal quantity of freshly grated tart apples.
4. Pour into freezing tray of mechanical refrigerator, set controls for lowest temperature and freeze to mush.
5. Serve on fruit cocktails, or as an accompaniment to roast meats and poultry. It is not a dessert ice.

APPLE MALLOW

30 marshmallows	2 T. orange juice
$\frac{1}{2}$ c. hot water	2 c. apple sauce
3 T. lemon juice	1 c. whipped cream

1. Dissolve marshmallows in water, stirring constantly.
2. Add strained lemon and orange juice and apple sauce.
3. Cool and add whipped cream.
4. Freeze in mechanical freezer or pack in mold and freeze in 3 parts of ice to 1 part of salt in a container.



BAKED APPLE ICE CREAM

1 c. boiled soft custard
1 c. sieved baked apples

1 c. cream, whipped
Powdered sugar

1. Combine ingredients.
2. Add powdered sugar if not sweet enough.
3. Freeze in inset tray in electric refrigerator.

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APPLES IN CANDY

FRUIT PASTE

2 c. apple pulp

1 c. sugar

1. Cook mixture, stirring when necessary until it is thick and clear.
2. Turn on a buttered platter.
3. Dry until a film forms over the top.
4. Turn onto a wire screen and dry until stickiness disappears.
5. Roll the paste in waxed paper and pack into a jar or metal box.
6. Cut into squares or strips.
7. Roll in granulated sugar.

APPLE TAFFY

2 c. sugar

1 t. vinegar

$\frac{1}{2}$ c. apple juice
1 T. butter

1. Mix all ingredients but the butter.
2. Cook to the crack stage (300° F.).
3. Add the butter, and pour mixture on a buttered plate and cool to handle.
4. Pull it until white and glossy. Cut into pieces.

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CHOCOLATE-COATED CANDIED APPLES

1 c. sugar

1 c. honey

$\frac{1}{2}$ c. water

$\frac{1}{4}$ t. salt
3 tart firm apples
Chocolate for dipping

1. Boil together the sugar, honey, water, and salt for a few minutes.
2. Wash, core, and pare apples, cut into half-moon shaped pieces about $\frac{1}{2}$ -inch thick.
3. Drop apples into sirup and cook rapidly until the apples are transparent and practically all the sirup is absorbed.
4. Drain and place on waxed paper to dry.
5. Cut dipping chocolate into small pieces and place in shallow dish over hot water.
6. Remove chocolate from hot water when it is partially melted and stir until all is melted.
7. Dip apples into chocolate, drain, and dry on wax paper.

APPLETTS

4 c. apple pulp	1 c. cold water
4 c. sugar	3 c. nut meats chopped
$\frac{1}{8}$ t. salt	$\frac{1}{4}$ t. rose water, or
4 T. gelatin	$\frac{1}{8}$ t. orange extract

1. For apple pulp, wash, core, and pare apples. Cut into pieces and cook until tender. Put through sieve.
2. To the pulp, add sugar and salt and cook until very thick so that when dropped from a spoon it retains its shape.
3. Remove from the stove and add gelatin that has been soaked in cold water. Mix well. See that it is thoroughly dissolved.
4. Add nut meats and rose water or orange extract when mixture is slightly cool.
5. Pour into buttered pans having fruit mixture about $\frac{3}{4}$ -inch thick. When firm cut into pieces and roll in sugar.

CARAMEL APPLES

1 c. white sugar	$\frac{1}{2}$ c. vinegar
1 c. brown sugar	Apples—medium size
$\frac{1}{2}$ c. water	Wooden skewers

1. Cook sugars, water, and vinegar together until it reaches crack stage; to test for this stage drop sirup in cold water and when it becomes hard or gives a cracking sound when pressed together it is done. Or cook to 300° F.
2. Stick wooden skewers in stem end of washed, crisp, medium-sized apples and slip each in hot sirup. Drain on heavy waxed paper.

APPLE CRYSTALS

2 c. granulated sugar	5 apples
$\frac{1}{4}$ t. salt	Flavoring
1 c. water	Red or green vegetable coloring

1. Make a sirup of sugar, salt and water, and color.
2. Wash, pare, core, and cut apples into twelfths, one at a time.
3. Cook the pieces of apples in sirup until transparent. Add flavoring toward end of cooking process.
4. Remove from sirup, drain, and place on waxed paper for 24 hours.
5. Roll in sugar. Let stand 24 hours and again roll in sugar. Repeat until apples are dry and crystalline outside.
6. Add $\frac{1}{4}$ cup of hot water to sirup and cook a second apple when first has been removed from sirup.
7. Repeat until all have been cooked.
8. Pack in boxes lined with waxed paper.

APPLES PRESERVED

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APPLE JELLY

8 lbs. apples (a mixture of underripe and ripe fruit)
2 qts. water
 $\frac{3}{4}$ c. sugar to each cup of extracted juice

1. Sort fruit and discard any damaged parts.
 2. Scrub thoroughly with a brush.
 3. Discard the stem and blossom end.
 4. Cut the fruit in small, uniform pieces, allowing the cores to remain.
 5. Extract juice by placing apples in flat bottomed kettle, adding 1 cup water to each pound of prepared fruit, and cooking; boil 20 to 25 minutes, according to firmness of fruit. Stir to prevent sticking. Count time after fruit begins to boil.
 6. Pour hot, cooked fruit into jelly bag and allow to drip. Toward last, press the bag.
 7. To make second extraction, turn the pomace into kettle immediately, barely cover with water, and simmer for 15 to 20 minutes, stirring frequently. Extract juice as before.
 8. Combine first and second extraction and clarify by straining through a fresh jelly bag that has been wrung from hot water.
 9. Wash jelly glasses and covers. Place in cold water on rack and boil 15 minutes. Keep hot until used. Add more glasses as others are removed and place glasses in water with scooping motion, to prevent breakage.
 10. To obtain the best jelly do not cook too large a quantity of juice at a time. Eight cups is the maximum amount to be cooked at one time.
 11. Add sugar to juice and stir until dissolved. Boil rapidly in large pan until jelly stage is reached.
 12. To test for jelly, dip a tablespoon into boiling sirup and lift spoon up, hold a few seconds over pan, then let sirup run off the side of spoon. When the sirup no longer runs off the spoon in a steady stream but separates into two distinct lines of drops, which run together and tear off, stop cooking.
 13. Allow to stand while arranging hot glasses and remove scum before pouring.
 14. When jelly is firm and well set, seal.
 15. Wipe inside rims free of jelly drops. Cut with paring knife around the top of jelly.
 16. Melt paraffin over low heat and pour over each glass of jelly. Rotate the glass before paraffin hardens.
 17. Place dry lid on top of glass when jelly is cool.
- Variation: For mint jelly add green vegetable coloring and 2 drops oil of peppermint before filling glasses.



APPLE HONEY

4 c. apples, juicy and well flavored 6 c. sugar

1. Wash, pare, and core apples.
2. Grind, using coarse blade of meat chopper.
3. Add sugar.
4. Simmer gently until the consistency of honey.
5. Seal in glass jars.

PICKLED APPLES

$\frac{1}{2}$ c. brown or white sugar 1 c. vinegar
1 stick cinnamon 1 c. water
6 whole cloves Apples

1. Cook together sugar, cinnamon, cloves, vinegar, and water.
2. Wash, core, and pare apples. Cut into eighths.
3. Cook apples slowly, turning frequently until barely done. Lift out with a perforated spoon.
4. Serve with pork, goose, duck, or chicken.

Variation: A less acid but pleasing relish can be made by boiling down cider and then cooking the sliced apples in it with a little sugar and spices, if desired.

APPLE RELISH

3 lbs. apples, pared and cored 1 lb. raisins
3 lbs. sugar 2 oranges
1 c. walnut meats

1. Grind apples, raisins, and oranges, using coarse blade of food chopper. Omit orange rind if desired.
2. Add sugar and cook for 1 hour or until thick enough to spread.
3. Add nuts 5 minutes before removing from fire.
4. Put in jars or glasses and seal with paraffin.

APPLE BUTTER

Use only sound apples or firm portions of windfalls or culls. Wash the fruit thoroughly.

Pare and slice. Use equal measures of fruit and cider, or a 50-50 mixture of cider and water.

Cook until the fruit is soft, stirring constantly. Press through a colander, then through a fine sieve to remove all fibrous material and give a smooth consistency. The quantity of sugar varies according to taste, but the usual proportion is half as much sugar as fruit pulp. Add $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon of salt to each gallon of butter. Boil rapidly and stir constantly to prevent burning.

As the butter cooks down and becomes thicker reduce the heat to prevent spattering. When the butter is thick, test by pouring a small quantity on a cold plate. Cook until no rim of liquid separates around the edge of the butter.

Stir in spices as desired; for example, 1 to 2 teaspoons of mixed ground spices to the gallon of butter. Use only fresh spices and just enough to give a delicate flavor without obscuring the natural fruit flavor. Of if a light colored butter is desired, add whole spices tied loosely in a cheesecloth bag while the butter is cooking.

Pour the butter while boiling hot into sterilized containers and seal.

Quantity Recipe for Apple Butter. — Select desirable table varieties for high quality apple butter. Tart varieties require slightly more sugar but make better quality butter than sweet sorts. Wash the apples thoroughly, peel and core, and remove all decayed and insect infested areas. Fair quality butter can be made without peeling and coring if screening facilities are adequate. The blossoms should, however, be removed and the apples halved. Sound portions of otherwise defective apples can be used.

Place the prepared apples in a kettle, cover with cider, and cook until a pulp is formed. Add approximately 6 gallons of cider for each bushel of apples. Previously prepared concentrated cider can be used provided the apples are completely covered with cider. When the apples are cooked to a pulp remove and force the combined product through a 22-mesh sieve (colander). For large quantities cyclones and finishing machines are used.

Replace the screened pulp in the cleaned cooker. If steam coils are utilized as the source of heat it is essential that they be well cleaned. Boil the combined cider and apple pulp until the hot product will round up slightly when removed with a spoon. Some manufacturers stir the butter to prevent burning. Automatic stirrers are sometimes used. Add 6 to 12 pounds of sugar for each bushel of apples. This gives the product a more fluid consistency. Continue to boil until no free liquid separates from the butter which is allowed to stand in a spoon or on a plate. At this point the source of heat should be removed and spices added according to individual tastes. Two ounces of ground cinnamon and 1 ounce of ground cloves per bushel usually gives a well spiced butter. It is essential that the spices be well mixed by thorough stirring.

Apple butter will keep for several weeks if kept cool. If, however, it is to be kept long before use the hot butter should be placed in clean, dry jars. These partially sealed jars should then be processed in a hot water bath for 2 to 3 minutes, after which the sealing is completed.

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