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EC9987 Apples ; Uses, Values

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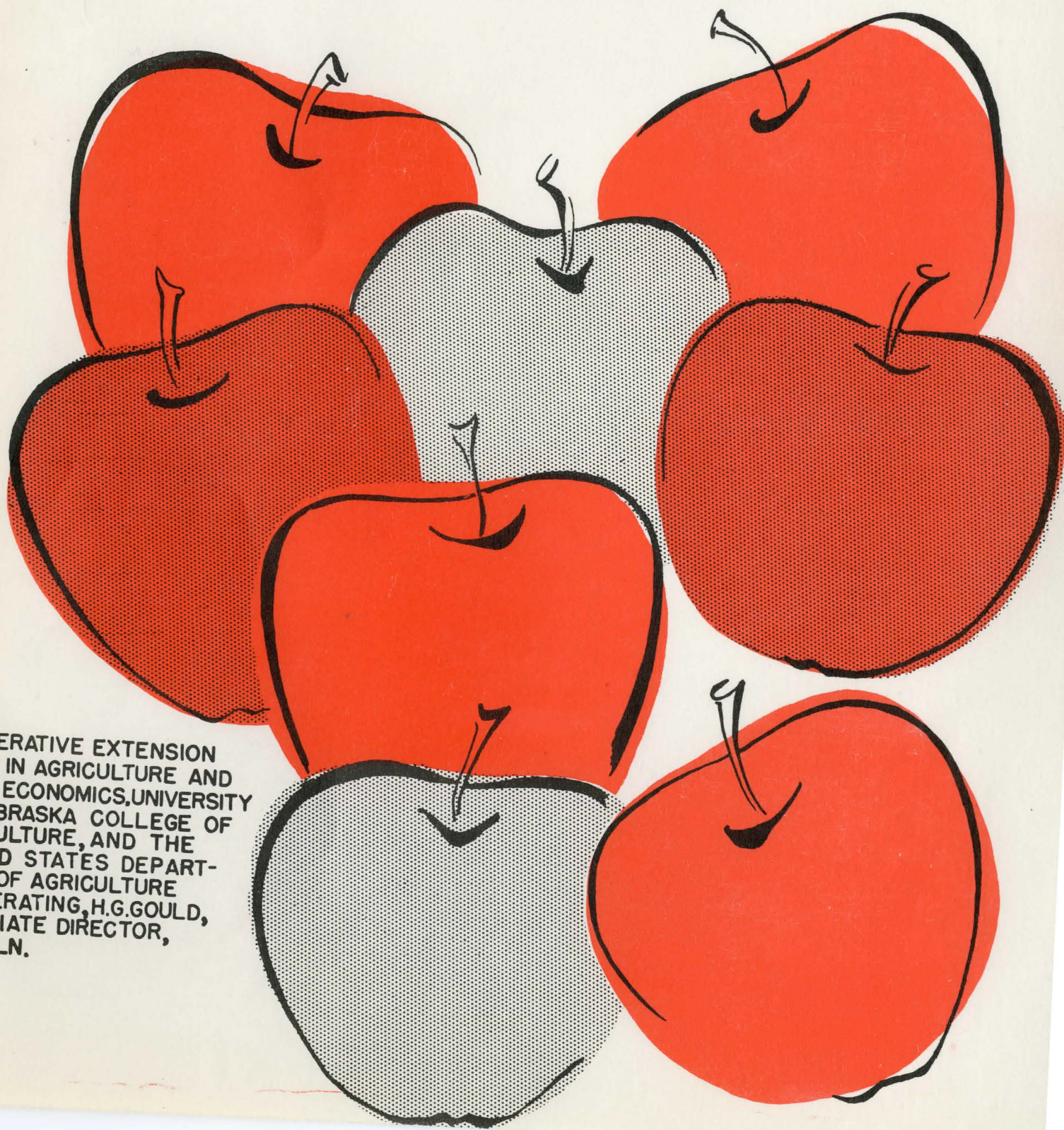
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APPLES

- USES
- VALUES



COOPERATIVE EXTENSION
WORK IN AGRICULTURE AND
HOME ECONOMICS, UNIVERSITY
OF NEBRASKA COLLEGE OF
AGRICULTURE, AND THE
UNITED STATES DEPART-
MENT OF AGRICULTURE
COOPERATING, H.G. GOULD,
ASSOCIATE DIRECTOR,
LINCOLN.

APPLES---USES & VALUES¹

Mabel Doremus

Apples are Healthful

Apples have long been a favorite food. They are delightful in appearance and flavor. Food values vary according to the variety, season and length of storage. For this reason you cannot be sure of the food values in a particular apple, except that most apples furnish small amounts of vitamin A, thiamin (B₁), riboflavin (B₂), vitamin C, some minerals and carbohydrates. The nutritional value of apples lies in the fact that we eat them at almost every season and they appear so regularly among our daily foods. Thus, through quantity, we are getting a worthwhile amount of their vitamins and minerals.

Preparation and Cooking

Raw apples for munching are a part of the American way of life. The texture of raw apples requires beneficial exercise of the teeth, gums and jaws. Such exercise promotes health of the gums and the teeth.

Raw apples with the colorful skins left on are good in salads and appetizers, as well as for dessert, served with cheese and nuts.

Apples can be used in more ways than any other fruit. Besides dessert and salads they make a delightful meat accompaniment. They may be scalloped with sweet potatoes, with cabbage, or alone. They may be fried with bacon, sausage or a slice of ham or they may be cut into rings, glazed and used as an attractive garnish for roast meat or chops. Last, but not least, they may be made into jellies or jams.

Selection

There are five general types of apples to choose from on the market: (1) The typical dessert apple, such as the Delicious. The Delicious is good for eating fresh, or for putting into salads, but not very satisfactory for baking and cooking. (2) Varieties especially good for baking, such as the Jonathan. They hold their shape well, even when they are baked until soft. (3) Apples especially good for sauce and pie, such as Jonathan and Duchess. These should cook tender in a short time. (4) The general-purpose apples, which fit into the three groups above. They are good dessert apples, but like the Jonathan they may be used for general cooking purposes. (5) Juice and jelly apples. Examples are the Wealthy variety for juice and the Winesape for jelly. (See table on page 2.)

Storing Apples

Late fall apples can be stored the entire winter if sound, unbruised ones of the right variety are placed in a cold, moist place. Handle the apples carefully, as bruising may result in decay. Sort out blemished fruits for immediate use. Store only the sound fruits.

A cellar room is a good place for storage if it has a window for ventilation and is away from the furnace. Moist air is needed to reduce shriveling. If the room is too dry, sprinkle water on the floor every week or two.

¹ Originally E. C. 1222, revised.

Store apples in a room that does not contain vegetables, such as potatoes or onions, as the fruit absorbs the vegetable flavors. Dirty containers or poorly ventilated cellars cause musty, tainted apples. Wrapping the individual fruits in oiled or waxed paper prevents storage scald, shriveling and the absorption of undesirable odors and flavors.

The following table shows leading apple varieties in Nebraska.

Season	Variety	Eating and Salad	Baking	Pies	Juice	Jelly
July 5 - 25	Lodi (Yellow Transparent)	Fair	Fair	Good	Excellent (apple juice)	Poor
July 5 - 25	Anoka	Fair	Fair	Good	Excellent (cider)	Poor
July - Aug 10	Duchess	Tart	Fair	Good	Excellent (apple juice)	Poor
Aug. - Sept 5	Wealthy	Good	Good	Good	Excellent (apple juice)	Poor
Sept. - Dec.	Grimes	Good	Good	Good	Excellent (cider)	Poor
Sept. - March	Jonathan	Excellent	Excellent	Excellent	Good (cider)	Good
Oct. - Jan.	King David	Good	Good	Good	Good (cider)	Good
Oct. - March	Red Delicious	Excellent	Fair	Good	Good (cider)	Good
Oct. - March	Golden Delicious	Excellent	Good	Good	Good (cider)	Good
Nov. - March	York Imperial	Fair	Good	Good	Good (cider)	Good
Dec. - May	Winesap	Good	Good	Good	Good (cider)	Good

Harvest Season

The dates of harvest vary somewhat with the season and with the variety and region. The dates for the southeastern Nebraska region are given below. In the central and in the east-central regions the dates would be 4 or 5 days later for each variety.

Wealthy	Aug. 5-20	York Imperial	Oct. 1-15
King David	Sept. 5-Oct. 1	Golden Delicious	Oct. 10-20
Grimes	Sept. 10-25	Gano	Oct. 15-25
Jonathan	Sept. 15-Oct. 1	Winesap	Oct. 15-Nov. 1
Red Delicious	Sept. 25-Oct. 5		

Apple Recipes

There are hundreds of ways of preparing apples. Some apple dishes are especially delightful for breakfast, others are better suited for dinner or supper, and still others, for luncheons. The following pages contain a few of the outstanding apple recipes for the various courses of a meal.

Cooking tends to destroy vitamin C in fruits and vegetables. Use these precautions to reduce the loss to a minimum: (1) Use as little water as possible. (2) Heat rapidly to boiling point. (3) Cook no longer than necessary. (4) Baking preserves a maximum of vitamin content.

Main Course

Stuffed Pork Chops with Apples

3 tart red apples
6 rib pork chops (1½" thick)
1 cup fine dry bread crumbs
¼ cup chopped celery
1 tablespoon fat

1 tablespoon minced onion
Few sprigs of parsley, chopped
1/8 teaspoon savory seasoning
Salt and pepper to taste

For the stuffing, cook the celery, onion, and parsley in the fat for a few minutes, add the bread crumbs and seasonings, and stir until well mixed. Cut pocket in each chop by slicing from the outer edge toward the bone. Sprinkle the chops with salt and pepper and rub lightly with flour. Sear the chops in a hot skillet. Then fill each chop with stuffing and skewer the edges together with toothpicks. Lay the stuffed chops on a rack in a baking dish or pan with cover. On the top of each chop, place, cut side down, one-half of an apple which has been cored but not pared. Cover and bake in a moderate oven 350° to 375° F. for about 45 minutes, or until the meat is tender. Lift the chops and apples together from the baking dish onto a hot platter, remove the toothpick skewers, and serve at once.

Apple Stuffing

5 tart apples, diced
¼ cup diced salt pork
½ cup chopped celery
½ cup chopped onion

¼ cup chopped parsley
½ cup sugar
2 cups fine dry bread crumbs

Fry the salt pork until crisp, and remove the pieces from the skillet. Cook the celery, onion and parsley in the fat for a few minutes and remove them. Put the apples into the skillet, sprinkle with the sugar, cover, and cook until tender; then remove the lid and continue to cook until the juice evaporates and the pieces of apples are candied. Add the other ingredients to the apples. Pile the hot stuffing between pairs of spareribs, skewer the pairs together and bake. Or use in stuffing roast duck or boned shoulder of fresh pork.

Apples Stuffed with Sausage

Pare and core apples. Fill cavity with pork sausage, either in links or in bulk. Allow a generous amount of sausage to each apple. Any excess that cannot be stuffed into the apple may be put on the top or around the apple. Bake until the apples are soft and the sausage thoroughly cooked. This may be used as a luncheon main dish.

Fried Apple Rings

Core tart apples. Pare or not, as desired. Cut in half-inch slices. Sauté in butter, bacon, or sausage fat until tender but not broken, turning once.

Scalloped Apples and Sweet Potatoes

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|--|--------------------------------------|
| 4 medium-sized apples pared
and cored | $\frac{1}{2}$ cup sugar |
| 3 medium-sized sweet potatoes | $\frac{1}{2}$ teaspoon salt |
| | 3 tablespoons butter or
other fat |

Cook the sweet potatoes in boiling water until tender; cool, and skin. Slice the sweet potatoes and apples and place in alternate layers in a greased baking dish. Sprinkle each layer with sugar and salt, and dot with butter. Add a little water and bake for 30 to 45 minutes, or until the apples are soft and top layer is brown. Serve in the baking dish.

Salad Course

Waldorf Salad

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|------------------------------------|---|
| 2 cups diced apples | $\frac{1}{4}$ cup cooked dressing or whipped
cream |
| 1 cup chopped celery | |
| $\frac{1}{2}$ cup broken nut meats | |

Pare apples, if desired. If prepared in advance, squeeze juice of one-half lemon over apples to prevent their turning brown. Combine ingredients and chill thoroughly. Serve on crisp lettuce. Serves 6 people.

Cider Gelatin Salad

- | | |
|---|--|
| $2\frac{1}{2}$ cups clear cider | $\frac{1}{4}$ teaspoon salt |
| 2 tablespoons gelatin | 1 tablespoon finely chopped
parsley or green pepper |
| 1 cup chopped apples | $\frac{1}{4}$ cup chopped nuts |
| $\frac{1}{3}$ cup finely chopped celery | |

Soak the gelatin in one-half cup of the cold cider. Heat the remainder of the cider to the boiling point, pour into the gelatin, stir until dissolved, strain and chill. When the gelatin mixture begins to set, stir in the other ingredients and pour into individual molds, which have been rinsed in cold water. When set, turn out on lettuce or cress and serve with French or mayonnaise dressing. Crackers, sprinkled with grated cheese and toasted, go especially well with apple salads.

Cinnamon Apple Salad

A delicious salad may be made with cinnamon apples. These are prepared by poaching whole, pared, cored apples in a sirup made from one cup of cinnamon candies (red hots), $2\frac{2}{3}$ cups boiling water, and $\frac{1}{2}$ cup granulated sugar. This results in a beautiful rosy apple that may be chilled and stuffed with cream cheese and nut meats.

Apple and Date Salad

Cut apples in long strips. Cut dates in similar strips, using a fourth as much date as apple. Serve on lettuce with French or mayonnaise dressing.

Jellied Apple Sauce Salad

2 cups tart apple sauce
1 tablespoon gelatin

$\frac{1}{2}$ cup nut meats
 $\frac{1}{4}$ cup sliced olives

Dissolve gelatin in small amount of water and add to sauce. Add sliced olives and chopped nuts. Chill until firm.

Dessert Course

Apple Crisp

2 cups sliced apples
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{2}$ cup water
 $\frac{7}{8}$ cup sugar (brown)

$\frac{1}{2}$ cup shortening
 $\frac{3}{4}$ cup flour
 $\frac{1}{4}$ teaspoon salt

Wash, pare, core, and slice apples. Place in a greased baking dish. Add cinnamon, water, and $\frac{1}{2}$ cup sugar. Mix the remainder of the sugar with the shortening and flour until mixture is crumbly. Sprinkle this over the apples; bake in a moderate oven for about one hour. Serve the pudding hot with cream, hard sauce, or ice cream as a topping.

Apple Sauce Cake

1 cup sugar
 $\frac{1}{2}$ cup butter
2 cups flour
1 egg
1 cup apple sauce (unsweetened)

1 teaspoon cinnamon
 $\frac{1}{2}$ teaspoon cloves
 $\frac{1}{2}$ teaspoon salt
1 teaspoon soda
1 cup seedless raisins

Cream butter and sugar; add spices. Dissolve soda in warm water and stir into apple sauce. Add this mixture to the creamed butter and sugar and then add flour, egg, etc. Bake in a loaf pan at 300°-325° F. for about 45 minutes.

Apple Sauce Cookies

$\frac{1}{4}$ cup shortening
1 cup sugar
1 egg
2 cups flour
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{4}$ teaspoon cloves

$\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon soda
1 teaspoon baking powder
1 cup thick unsweetened
apple sauce

Cream shortening, add sugar gradually, stirring continuously. Whip in egg. Mix dry ingredients thoroughly and add alternately with the apple sauce, adding flour first and last. Drop from a spoon on a buttered cookie sheet about 2 inches apart. Bake until nicely browned in a 350° F. oven. Remove the cookies with a spatula before they cool. One-half cup raisins or nut meats, or a mixture of the two, may be added.

Apple Pie

(Filling)

6 to 8 apples (tart)
2 tablespoons flour
1/8 teaspoon cinnamon or nutmeg

1 to 1½ cup sugar
1½ tablespoons butter

Plain Pastry

(Crust)

1½ cups all-purpose flour or
2 cups pastry flour
1 teaspoon salt

6 tablespoons fat (cold)
¼ cup water (cold)

Sift salt and flour. Add the cold fat. Break the fat into particles the size of a bean or pea. This may be done with the fingers or knives. Sprinkle water by tablespoonfuls over dry ingredients and with a fork add the flour. 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)

Wash, pare, core and slice baking apples. To apples add sugar and flour and mix well. Arrange to have oven hot (450° F.) when ready with pie. Roll lower crust to 1/8-inch thickness and cover pie plate with pastry. Add apples mixed with sugar and flour and moisten rim of bottom crust. Dot mixture with butter. Cover with perforated top crust, being careful to seal crust at joinings. 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. Serve warm with well-flavored cheddar cheese if desired.

Apple Gingerbread

Make sirup of ½ cup sugar and ½ cup water. Peel, core, and quarter tart apples and cook lightly in sirup. Arrange in buttered baking pan. Pour any gingerbread mixture over apples. Bake, cut in squares, and serve with whipped cream.

Apple Strudel

2 cups flour
½ cup butter
1 egg
½ to ¾ cup water

Melted butter
1 to 1½ quarts tart apples
¾ cup sugar
¼ teaspoon cinnamon

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

Apple Dumplings Supreme

2 cups flour (all-purpose)	3/8 cup milk
2 teaspoons baking powder	1 tablespoon butter, melted
1 teaspoon salt	1 teaspoon cinnamon
2 tablespoons butter	2 tablespoons brown sugar
1 tablespoon lard	3 large tart apples (chopped)

Sauce

1 cup white sugar	1 tablespoon butter
1 cup brown sugar	1 cup water
1/2 teaspoon salt	1/2 lemon sliced thin

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

Frozen Apple Sauce Cream

To 1 cup of well-sweetened strained apple sauce add a dash each of cinnamon and nutmeg; add 1 teaspoon butter, melted, 2 teaspoons lemon juice, and 2 tablespoons sirup with preserved ginger, and chill thoroughly. Fold in one cup heavy cream, whipped. Turn into freezing tray of automatic refrigerator and freeze 2 to 4 hours, or until firm. Approximate yield: 1 1/2 pints.

Apple Nut Bread

Cream together:	1/2 teaspoon baking powder
1/4 cup shortening	1/4 teaspoon salt
1 egg	1/2 cup nuts
3/4 cup sugar	2 cups flour
	1/2 teaspoon soda
	3 tablespoons sour milk

Add:

2/3 cup apple sauce (unsweetened)

Bake 45 minutes in moderate oven (350° F.)

Apple and Cranberry Betty

1 cup bread crumbs, lightly packed	3/4 teaspoon nutmeg
3 large green apples	3 tablespoons butter
1 cup brown sugar	2 cups cranberries

Brown the crumbs in a moderate oven (350° F.). In a casserole, place a layer of sliced apples, add 1/2 the sugar and nutmeg, and dot with butter. Add 1/2 the bread crumbs and a layer of cranberries. Repeat, ending with crumbs. Dot with butter. Bake 1 hour in a moderate oven. Serve hot with dessert sauce. Serves six.

Graham Cracker Pie Crust

18 graham crackers
 $\frac{1}{4}$ cup sugar

$\frac{1}{2}$ cup soft butter (not melted)

Roll crackers fine. Mix to a moist paste with sugar and butter. Add no liquid. Pat mixture in a pie tin, pressing down firmly in bottom and on sides. Fill with filling.

French Apple Pie

Fill graham cracker shell with strained and sweetened apple sauce, seasoned with cinnamon, and bake 20 minutes. Spread whipped cream on top if desired.

Confections

Honeyed Apples

4 cups apples

6 cups sugar

Pare and core juicy apples with a good flavor. Put through the coarse part of the meat chopper. Add sugar. Simmer gently until of the consistency of honey. Then seal in glass jars.

Chocolate-Coated Candied Apples

3 tart, firm apples
1 cup sugar
1 cup honey

$\frac{1}{2}$ cup water
 $\frac{1}{4}$ teaspoon salt
Chocolate for dipping

Boil together the sugar, honey, water, and salt for a few minutes. Wash, core, and pare the apples, cut into half-moon shaped pieces about half an inch thick, drop into sirup and cook rapidly until the apples are transparent and practically all the sirup is absorbed. Lift onto waxed paper to dry. Break up cake chocolate made especially for dipping candies, and put into shallow dish over hot water. As soon as the chocolate begins to soften, remove from the hot water, and stir the chocolate with the fingers until it is all melted. Dip the pieces of apple into the melted chocolate until well coated, and place on waxed paper to dry. Pack the apple candies in layers between sheets of waxed paper.

Canned Products

Pickled Apple

8 apples
 $\frac{3}{4}$ cup brown sugar
 $\frac{1}{2}$ cup vinegar

1 large stick cinnamon
Whole cloves

Boil sugar, vinegar and cinnamon for 5 minutes. Stick cloves in apples and cook until tender and clear.

Cider Apple Butter (about 2 pints)

5 cups apple pulp
1 cup cider
 $\frac{1}{4}$ teaspoon salt

2 tablespoons lemon juice
1 teaspoon cinnamon
 $2\frac{1}{2}$ cups sugar

Place all ingredients in preserving kettle and simmer until thick and clear, or about 30 minutes, stirring often. Pour into hot sterilized glasses and seal at once. Any tart fruit juice or water may be used in place of cider. The apple pulp left after extraction for jelly may be used. Some may enjoy the butter cooked longer than 30 minutes, or cooked until quite dark.