

## *Across the Fence* Apple Recipes – October 2007

### **Lyn Jarvis' Recipes**

#### **Carrot - Apple Salad**

1 cup carrots, shredded	1/3 cup mayonnaise
3 cups apples, not pared, diced (about 3 medium apples)	1 Tbsp. lemon juice
1/2 cup raisins	1/4 tsp. salt
	Salad greens as desired

Combine all ingredients except salad greens. Chill thoroughly. Serve on salad greens.

#### **Apple Cranberry Cobbler**

5 cups tart apples, sliced and peeled	1/2 tsp. ground cinnamon
1 1/4 cups sugar	1 cup water
1 cup cranberries, fresh or frozen	2 Tbsp. butter
3 Tbsp. quick-cooking tapioca	

#### **Topping:**

3/4 cup all-purpose flour	1/8 tsp. salt
2 Tbsp. sugar	1/4 cup butter, cold
1 tsp. baking powder	1/4 cup milk

In a large saucepan, combine the apples, sugar, cranberries, tapioca, cinnamon, and water. Let stand for 5 minutes, stirring occasionally. Cook and stir over medium heat until mixture comes to a full boil. Cook and stir 3 minutes longer. Pour into a greased 2-qt. baking dish. Dot with butter. In a bowl, combine the flour, sugar, baking powder, and salt. Cut in butter until crumbly. Stir in milk to form a soft dough. Drop dough by tablespoonfuls over hot apple mixture. Bake, uncovered, at 375°F for 30 to 35 minutes or until topping is golden brown and a toothpick inserted into topping comes out clean. Yield: 8 servings.

#### **Vermont Shortcake**

3 medium apples, cored and sliced thin	1/8 tsp. nutmeg, scant
1/4 cup water	1 tsp. grated lemon peel
1/4 cup maple syrup	1 tsp. lemon juice
3 fresh bay leaves	

In heavy bottomed non-reactive pot, combine apples with water, maple syrup, and bay leaves. Stir, cover, and bring to simmer over medium heat. Add nutmeg, lemon peel, and lemon juice; cook for about 10 minutes at bare simmer. Test for doneness (the apples should be tender, but not mushy). Cook for a few minutes more if necessary. These can be served warm over your favorite biscuits or can be prepared ahead and served at room temperature. The bay leaf adds a pleasant mild spice flavor. Yield: enough for 8 to 12 shortcakes.

## **Corn Bread with Apples and Cheddar**

1 cup cornmeal  
1 cup flour  
2½ tsp. baking powder  
1 tsp. salt  
½ tsp. dried sage  
⅛ tsp. nutmeg  
⅛ tsp. cayenne pepper

1½ cups sharp cheddar cheese, shredded  
1 cup dried apples, very finely chopped  
1½ cups milk  
1 egg  
¼ tsp. baking soda  
¼ cup butter

Place cornmeal, flour, baking powder, salt, sage, and cayenne in mixing bowl. Stir well to blend. Add one cup cheese and chopped apples. Toss well to coat with dry ingredients. Set aside. Place milk, egg, and baking soda in separate bowl. Whisk to mix. Pour milk mixture into dry ingredients and stir to mix. Melt butter in a 10-inch cast iron skillet until hot. Pour butter into batter and stir gently until blended. Then pour batter back into skillet. Sprinkle remaining ½ cup cheese over top. Bake at 375°F until wood pick inserted in center of corn bread comes out clean, about 25 minutes. Serve warm. Yield: 8 to 10 servings.

## **Heather Fischer's Recipes**

### **Spinach-Ranch Artichoke Dip, Red Ribbon Winning Recipe at The Champlain Valley Fair**

1 can (14 oz.) artichoke hearts, drained  
and chopped  
½ pkg. (10 oz.) frozen chopped spinach,  
drained and thawed  
½ cup sour cream  
¼ cup mayonnaise

¼ cup cream cheese  
¼ cup Romano cheese  
¼ tsp. minced garlic  
1 pkt. Hidden Valley Original Ranch  
Salad Dressing and Seasoning Mix®

Preheat oven to 375°F. In a small mixing bowl, combine artichoke hearts, spinach, sour cream, mayonnaise, cream cheese, Romano cheese, garlic and packet of seasoning mix. Transfer to shallow baking dish. Cover. Bake until heated through and bubbly, about 25 minutes.

## **Chicken Casserole with Apples and Cheese**

6 Tbsp. butter  
4 medium red apples  
1 onion, sliced  
6 boneless chicken breasts  
1 tsp. salt  
pepper to taste

1 cup shredded Cheddar cheese  
½ cup grated Parmesan cheese  
¼ cup Italian bread crumbs  
½ tsp. thyme  
2 cups apple juice

Preheat oven to 350°F. Grease 9x13-inch baking dish with 1 Tbsp. butter. Peel, core and slice apples. Sauté with onion in remaining butter until tender (do not brown). Spoon evenly into baking dish. Combine both cheeses with crumbs and thyme. Rub chicken breasts with salt and pepper, dip in apple juice, and coat with crumb mixture. Arrange chicken over apple mixture, and then sprinkle remaining cheese and crumbs on top. Drizzle with apple juice. Bake 35 to 45 minutes or until mixture is golden and chicken is tender. Drizzle apple juice over chicken as it cooks.

## Apple “Pie,” Blue Ribbon Winning Recipe at The Champlain Valley Fair

### **Dough**

½ cup milk	¼ cup sugar
8 Tbsp. unsalted butter	1 large egg, plus 2 large egg yolks
½ cup warm water	1½ tsp. salt
1 envelope Fleishmann’s® instant yeast	4 - 4¼ cups all-purpose flour

### **Topping**

3 large Granny Smith apples	¼ tsp. ground cinnamon
½ Tbsp. lemon juice and ½ tsp. grated zest from 1 lemon	⅛ tsp. ground allspice
½ cup sugar	1-2 Tbsp. honey
¼ tsp. ground nutmeg	¼ cup crushed graham cracker crumbs

### **Icing**

1 cup powdered sugar	½ tsp. vanilla
1 Tbsp. butter	1-2 Tbsp. milk

Mix all ingredients together until smooth, adding enough milk for desired consistency.

**For the dough:** Heat the milk and butter in small saucepan until the butter melts. Remove the pan from the heat and set aside until the mixture is lukewarm. Mix together the water, yeast, sugar, egg, and yolks at low speed until well mixed. Add the salt, warm milk mixture, and 2 cups of the flour. Mix until thoroughly incorporated (1 minute). Using a dough hook, add 2 more cups of flour. Knead until the dough is smooth and freely clears the sides of the bowl, about 10 minutes (you may need to add up to ¼ cup more additional flour to get to this point). Scrape the dough onto a lightly floured work space. Shape the dough into a round ball and place it in a lightly oiled large bowl. Cover with plastic wrap. Leave in a warm spot until doubled in size, 1½ to 2 hours. To roll out the dough: After the dough had risen, press it down and turn it onto a lightly floured surface. Using a rolling pin shape the dough into a 12 to 14-inch circle. Lightly grease a pizza pan or cookie sheet large enough for a 12-14-inch diameter. Carefully transfer dough on to sheet. Cover with plastic wrap and let sit until doubled, 1½ to 2 hours. Preheat oven to 350°F.

**For the topping:** Peel, core and cut the apples into thin slices. Toss with lemon juice and zest. In a medium bowl mix the sugar and spices. Stir in the apples. Lightly brush the dough with 1 to 2 tablespoons of honey, leaving ½-inch border around the edge. Spread the graham cracker crumbs on top of honey. Arrange apple slices on “pie.” Bake for 25 to 30 minutes. If desired, lightly brush edges with melted butter. Cool. Decorate top with icing and serve. This is a delicious dessert style pizza made with a thick crust that is similar to that of a cinnamon roll

### **Caramel Apple Dip**

8 oz. cream cheese, softened	1 tsp. vanilla
¼ cup sugar	6 Tbsp. caramel syrup
¾ cup brown sugar	Apples

Mix all ingredients until smooth. Refrigerate for one hour. Serve with sliced apples.

## **Apple Cheddar Quesadillas**

6 flour tortillas  
1½ cups shredded cheddar cheese

2 apples (sweet crunchy variety work best),  
washed and sliced  
2 Tbsp. butter

Sprinkle some cheese over one half of tortilla. Place several apple slices, barely overlapping, on top of cheese. Then sprinkle more cheese on top of apples. Fold tortilla in half. Repeat with remaining tortillas. Heat butter in skillet over medium high heat and cook quesadillas until the cheese melts and the tortillas are golden brown. Serve immediately with sour cream or coleslaw.

## **Dutch Apple Pie**

1 large graham cracker crust  
2 egg yolks, beaten  
⅔ cup sugar  
⅓ cup brown sugar  
¼ cup flour  
¼ teaspoon salt  
¾ teaspoon cinnamon

½ tsp. nutmeg  
8 cups sliced apples  
1 cup flour  
⅓ cup sugar  
⅓ cup brown sugar  
½ cup butter, room temperature

Preheat oven to 375°F. Brush crust with egg yolk. Bake on cookie sheet for 5 minutes. Reduce temperature to 350°F. Combine ⅔ cup sugar, ⅓ cup brown sugar, ¾ cup flour, salt, cinnamon, and nutmeg; then mix with the sliced apples. Pour into graham cracker crust. Combine 1 cup flour, ⅓ cup sugar, ⅓ cup brown sugar, and butter. Sprinkle over apples. Bake 55 minutes. Cool on a rack for 4 hours.

## **Viewer Recipes**

### **Fresh Apple Cake, Barbara Blake, West Brattleboro, Vt.**

1 cup oil  
2 cups sugar  
2 eggs  
2¼ cups flour  
1 tsp. baking soda  
1 tsp. salt

½ tsp. nutmeg  
1 tsp. cinnamon  
3 cups apples, peeled and chopped  
1 cup nuts, chopped  
1 tsp. vanilla

#### **Icing:**

1 stick of butter  
1 cup brown sugar

¼ cup evaporated milk

Combine oil and sugar. Add eggs and beat well. Sift dry ingredients into mixture and mix well. Stir in apples, nuts, and vanilla. Batter will be thick. Blend well. Bake in greased and floured tube pan at 350°F for 1½ hours. Blend icing ingredients in saucepan. Boil for 2 minutes. Pour over cake while hot. Let icing soak into cake while pouring. Remove from pan when cool. Freezes well.

### **Applesauce Drop Doughnuts, Edna Caron, Port Henry, N.Y.**

3 Tbsp. butter	3½ tsp. baking powder
¾ cup sugar	1 tsp. salt
3 eggs	½ to ¾ tsp. ground cinnamon
1 cup applesauce	¼ to ½ tsp. ground nutmeg
1 tsp. vanilla extract	¼ to ½ cup milk
4½ cups all-purpose flour	Oil for deep fat frying

In mixing bowl, cream butter and sugar. Add eggs one at a time, beating well after each addition. Beat in applesauce and vanilla. Combine flour, baking powder, salt, cinnamon, and nutmeg. Add to creamed mixture and add milk. Fry in electric skillet at 350°F for about 1 minute on each side, roll in sugar after. Yields: 5 dozen

### **Apple-Ham Hawaiian, Gladys Clarke, Milton Vt.**

1½ cups, pared, cored, and diced apples	⅓ to ½ cup water
½ small green pepper, cut in strips	1½ cups cubed cooked ham or chicken
1 large clove garlic, minced	½ cup pineapple tidbits
2 tsp. curry powder	Cooked rice
3 Tbsp. butter	Toasted slivered almonds
1 can (10.5 oz.) cream of chicken soup	

In a saucepan, cook apples, green pepper, garlic, and curry powder in butter until apples and green pepper are tender. Stir in soup, water, ham, and pineapple. Heat, stirring occasionally. Serve with rice; garnish with toasted slivered almonds. Yield: 4 to 6 servings.

### **Crow's Nest, Pat Beaudry, North Troy, Vt.**

4 – 5 apples, peeled, cored, and sliced	½ tsp. cinnamon
½ cup sugar	Favorite biscuit recipe
⅛ tsp. nutmeg	

Arrange apples in an 8-inch casserole dish and sprinkle with sugar, nutmeg, and cinnamon. Drop biscuit batter over top. Bake at 350 °F for about 30 minutes until apples are tender and batter is done. Serve individually with light cream poured over and a dusting of sugar and nutmeg.

### **North Country Apple Crisp, Mary Beth Kikel, Lake Placid, N.Y.**

½ cup flour	¼ cup butter, room temperature
½ cup brown sugar	7 or 8 medium baking apples
1 tsp. cinnamon	

In a bowl combine flour, brown sugar, and cinnamon. Cut in butter, and set mixture aside. Pare, core, and slice apples. Place apple slices in a buttered 8x8x2-inch baking dish and cover with flour mixture. Bake uncovered at 350°F for about 40 minutes. Serve warm topped with vanilla ice cream or whipped cream. Yield: 6 servings.

### **Boiled Cider Pie, Lillian Marcotte, Hartland, Vt.**

1 gallon apple cider	1 Tbsp. water
½ cup brown sugar	1 egg
½ cup sugar	Pastry for 2-crust 9-inch pie
1½ Tbsp all-purpose flour	1 Tbsp. butter

In a large saucepan boil the cider at a soft boil temperature to the consistency of molasses, about a pint left in pan will thicken as it cools. Reserve ½ cup, and pour the rest into a jar. Refrigerate or seal for later use. In a medium bowl combine ½ cup of boiled cider, sugars, flour, water, and egg. Recipe can be doubled for a thicker pie. Pour into the pie shell. Dot the top with the butter. Put on the top crust. Bake in a 350°F oven for 40 minutes. **Note:** 1 gallon of cider makes approximately 1 pint. Any extra can be canned in a glass jar. It keeps for a long time. Yield: 6 servings.

### **Apple Oatmeal Bars, Arlene E. Lareau, Plainfield, Vt.**

1 cup butter	2 cups quick oatmeal
2 cups flour	5 cups sliced apples
1 cup brown sugar	4 Tbsp. butter
1 tsp. baking soda	1 cup sugar
1 tsp. salt	1 tsp. cinnamon

Cut 1 cup butter into flour, sugar, baking soda, salt, and oatmeal. Blend well until crumbly. Spread half of mixture into greased 9x13-inch pan. Combine apples, 3 Tbsp. butter, sugar and cinnamon. Arrange on crumb mixture and top with remaining crumbs. Bake in 350°F oven for 40 to 45 minutes. Serve warm with vanilla ice cream or whipped cream.

### **Apple Brownies, Arlene Stanley, Concord, Vt.**

1 stick butter	1 tsp. cinnamon
1 cup sugar	Dash of salt
1 egg	½ tsp. baking soda
1 cup flour	½ tsp. baking powder
1½ cups apples, chopped, not too fine (about 2 apples)	

Cream together butter, sugar, and egg. Fold in remaining ingredients and mix together. Pour mixture into 8x8-inch pan. Bake at 350°F for approximately 35 to 40 minutes.

**Apple Pudding, Donna Barcomb, Colchester, Vt.**

1 cup flour	1 tsp. cinnamon
1 cup sugar	1 tsp. nutmeg
1 tsp. baking powder	2 Tbsp. butter
1 egg, beaten	2 Tbsp. sugar
4 large apples, peeled and thinly sliced	¼ cup water

Sift flour, sugar, and baking powder. Add egg, mix well. Spread apples in 8x8-inch pan and cover with mixture. Sprinkle with spices and 2 Tbsp. of sugar. Dot with butter, sprinkle on water. Bake at 350°F until apples are cooked and top slightly browned, about 25 minutes.

*Any reference to commercial products, trade names, or brand names is for information only, and no endorsement or approval is intended.*

Contact us at: [atfence@uvm.edu](mailto:atfence@uvm.edu), phone: (802) 656-5059, toll free at: 1-888-283-3430  
or visit us on line at: <http://www.uvm.edu/~uvmext/tv/>

*Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. University of Vermont Extension, Burlington, Vermont.*

*University of Vermont Extension, and U.S. Department of Agriculture, cooperating, offer education and employment to everyone without regard to race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or familial status.*