

Across the Fence

Apple Recipes – September 2013

Lyn Jarvis' Recipes

Praline-Topped Apple Bread

2 cups all-purpose flour	3 tsp. vanilla extract
2 tsp. baking powder	1½ cups chopped peeled Granny Smith apples
½ tsp. baking soda	1¼ cups chopped pecans, toasted, divided
½ tsp. salt	½ cup butter
1 cup sugar	½ cup packed brown sugar
1 cup (8 oz.) sour cream	
2 eggs	

In a large bowl, mix the flour, baking powder, baking soda, and salt. In another bowl, beat the sugar, sour cream, eggs, and vanilla until well blended. Stir into the flour mixture just until moistened. Fold in the apples and 1 cup pecans. Transfer to a greased 9x5-inch loaf pan. Bake at 350°F for 50 to 55 minutes or until a toothpick comes out clean. Cool in pan for 10 minutes. Remove to a wire rack to cool. In a saucepan, bring butter and brown sugar to a boil. Cook and stir for 1 minute. Spoon over bread. Sprinkle with remaining pecans.

Apple Walnut Salad

⅓ cup honey	6 slices sweet onion, quartered
¼ cup white balsamic vinegar	1 cup cubed Jarlsberg or Swiss cheese
2 Tbsp. olive or flaxseed oil	1 medium apple, chopped
8 cups torn romaine lettuce	1 cup coarsely chopped walnuts
4 cups fresh baby spinach	¼ cup dried cranberries

In a small bowl, whisk the honey, vinegar and oil; set aside. Just before serving, place remaining ingredients in a large bowl; drizzle with the vinaigrette and toss to coat.

Apple Ham Loaf

2 medium apples, peeled, cored and sliced thin	3½ cups cooked ground or chopped ham
½ cup Vermont maple syrup, grade B	1 Tbsp. minced onion
¼ tsp. ground cloves	1 egg, beaten
½ tsp. dry mustard	½ cup milk
1 cup dry breadcrumbs	Salt to taste

Butter an 8-inch loaf pan. Arrange apples in bottom and cover with Vermont maple syrup. Mix remaining ingredients. Pack meat mixture on top of apples. Bake in a 375°F oven for about 40 minutes or until crusted. Let stand 5 minutes and turn upside down onto a platter.

Butterscotch Apple Treat

3 cups diced red apples	1 carton (8 oz.) frozen whipped topping, thawed
1 cup miniature marshmallows	
1 cup peanuts	1 pkg. (3.4 oz.) instant butterscotch pudding
1 can (8 oz.) crushed pineapple, drained	
1/3 cup raisins (optional)	

In a large bowl, combine apples, marshmallows, peanuts, pineapple, and raisins, if desired. Combine whipped topping and dry pudding mix; fold into fruit mixture and mix well. Refrigerate until serving. **Yield:** 6 to 8 servings.

Apple Skillet Cake

Apples:

4 or 5 large tart green apples (such as Granny Smith), cored and sliced (about 1 1/2 lbs.)
1/3 cup brown sugar
3 Tbsp. boiled cider
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1/4 tsp. salt

Cake:

1 3/4 cups all-purpose flour
3/4 cup sugar
2 tsp. baking powder
1/2 tsp. salt
3/4 cup warm milk
1 large egg
6 Tbsp. butter, melted
1 tsp. vanilla extract

Preheat the oven to 350°F. Butter a 9 1/2 to 10x2-inch cast iron skillet. Combine the apples with the brown sugar, boiled cider, spices, and salt. Set aside. Combine the flour, sugar, baking powder, and salt. Set aside. Mix the warm milk, egg, melted butter, and vanilla. Add to the flour mixture, stirring to combine. Pour into the prepared skillet. Spoon the apple mixture onto the batter. For the best appearance, make sure the apples are distributed a little more heavily towards the edges of the pan. Bake the cake for about 1 hour, until it's brown and a cake tester inserted into the center comes out clean. Remove from the oven, and cool for 30 minutes. Dust with confectioners' or glazing sugar, and serve with whipped cream or ice cream. **Yield:** 8 to 10 servings.

Deb Plumley's Recipes

Apple Cheese Spread

8 oz. softened cream cheese	1 tsp. dried basil
1 cup grated Cheddar cheese	1 tsp. dried oregano
2 Tbsp. apple cider	1 tsp. dried thyme
1 medium sized apple	1/4 tsp. freshly ground pepper

Combine cream cheese, Cheddar cheese and cider in a bowl. Beat until smooth. Peel, core and grate the apple, add to the cheese mixture. Add the herbs and pepper. Stir until thoroughly combined. Spoon mixture into a crock, cover and chill for one hour. Serve with crackers, vegetables or apples.

Celia Hackett's Apple Fudge Squares

2 squares baking chocolate (1 oz. each)	1 cup flour
½ cup shortening	½ tsp. baking powder
1 cup sugar	¼ tsp. baking soda
2 eggs, beaten	¼ tsp. salt
⅔ cup unsweetened applesauce	½ cup chopped walnuts
1 tsp. vanilla	

In large saucepan, melt chocolate and shortening. Blend in sugar, eggs, applesauce and vanilla. Sift together dry ingredients, add to chocolate mixture. Spread into a greased and floured 8x8-inch pan. Sprinkle nuts on top. Bake at 350°F for 35 to 40 minutes.

Carolyn Peake's Recipes

Iced Apple Tea

4 tea bags (green, orange pekoe or herbal)	2 cups chilled apple juice or cider
4 cups boiling water	4 lemon slices
1 Tbsp. honey (optional)	4 sprigs of mint

Place tea bags in a pitcher and cover with the boiling water. Allow to steep for 5 minutes, then gently squeeze the tea bags out and discard. Stir in the honey, if desired, and stir until dissolved. Stir in the apple juice and chill. If desired, add ice cubes to each of four tall glasses, drop in a slice of lemon and sprig of mint, then pour in the tea. **Yield:** 4 servings.

Whole-Wheat Nut Quick Bread

2 cups whole wheat flour	½ cup apple juice or cider
¼ cup bran flakes	½ cup applesauce
¼ cup wheat germ	½ cup plain or vanilla yogurt
2 tsp. ground allspice	⅓ cup honey
2 tsp. baking powder	⅓ cup vegetable oil
1 tsp. baking soda	2 eggs
¼ tsp. ground cloves	1 cup chopped walnuts

Preheat oven to 350°F then grease 9x5-inch loaf pan. In a large bowl, combine first seven ingredients, making a well in the center. In a small bowl, mix the next six ingredients. Beat well and pour into the center of the dry ingredients. Stir to combine without over mixing. Fold in the nuts and spoon the batter into the prepared pan. Bake for 50 to 55 minutes or until a pick inserted into the center comes out clean. Let cool in the pan for 10 minutes, then turn out onto a wire rack to finish cooling. Cool completely before cutting. **Yield:** 12 to 15 slices. **Note:** For a dinner bread, substitute a mix of herbs such as basil, thyme or oregano for the allspice.

Apple Meat Loaf

3 small slices fresh bread, crumbled
(about 1½ cups)
1 medium onion
1 lb. ground beef
1 lb. ground veal or pork
¼ cup ketchup

1 egg
2½ tsp. prepared mustard, divided
½ tsp. pepper
1 cup applesauce
3 Tbsp. apple cider
3 Tbsp. brown sugar

Preheat oven to 350°F. Crumble the bread into a large bowl. Grate or finely chop the onion and add the meats, ketchup, egg, 1½ tsp. of the mustard, and pepper. Mix well and shape into a loaf. Place in a baking pan and bake for 1 hour. In a small sauce pan, heat the applesauce, cider, brown sugar and the remaining 1 tsp. mustard. Pour over the meat loaf and bake an additional 30 minutes longer. **Yield:** 4 to 6 servings.

Chocolate Applesauce Cake

¼ cup graham cracker crumbs
8 oz. semisweet chocolate
1½ cups dark brown sugar
1 cup butter, softened
4 eggs
1½ cups sifted all-purpose flour

2 Tbsp. unsweetened cocoa powder
1 tsp. baking soda
2 tsp. baking powder
½ tsp. ground cinnamon
1½ cups applesauce*

Grease a 9-inch springform pan and dust with the graham cracker crumbs. Place the chocolate in a small ovenproof bowl and place in the oven. Turn the oven on to 350°F and remove the bowl after 10 minutes to finish melting in the hot bowl. Leave the oven turned on. Cream the sugar and butter until fluffy. Add the eggs, one at a time, beating until combined. Beat in the chocolate. Sift together the flour, cocoa, baking powder, soda, and cinnamon. Stir about ½ cup of the flour mixture and ½ cup of the applesauce into the butter mixture. Continue to combine the ingredients like that until all have been mixed into the batter. Spoon the batter into the prepared pan and bake for 1 hour and 10 minutes, or until a skewer inserted into the center comes out clean. Let cool for 10 minutes in the pan on a wire rack. The cake will shrink. Use a knife to loosen the cake before releasing the spring and lifting the sides from the bottom of the pan. Cool completely before serving. **Yield:** 20 servings.

***Note:** This is a very moist, rich cake and if the applesauce is too liquid, it will be pudding-like. If you are using homemade applesauce make sure it is more apple than liquid. Otherwise, reduce the applesauce by ½ cup.)

Tip on cooking with apples: If you're slicing apples and don't want the exposed pieces to turn brown, dunk the slices in a bowl of three parts water to one part lemon juice.

Viewer's Recipes

Apple Raisin Cobbler Pie

Edie Ackerman, Monkton, Vt.

2 cans (20. oz.) apple pie filling
1 cup seedless raisins
¼ tsp. nutmeg
⅓ cup flour

¼ cup packed brown sugar
3 Tbsp. melted butter
¾ cup chopped walnuts
1 graham cracker pie crust

Preheat oven to 375°F. Combine apple pie filling, raisins and nutmeg. Spoon into crust. Combine flour and sugar. Cut into butter until crumbly. Stir in walnuts. Sprinkle over filling. Place on foil and bake 35 to 45 minutes or until topping is golden.

Apple Crow's Nest

Lise Charron, Richford, Vt.

4 to 5 apples, peeled and sliced
½ cup sugar
1 tsp. cinnamon
1 cup biscuit mix
⅓ cup milk

Sauce:
1 cup sugar
1 Tbsp. flour
Dash of salt
1 cup boiling water
1 tsp. vanilla
2 Tbsp. butter

Mix apples with sugar and cinnamon and place in 2 quart casserole. Mix biscuit mix and milk to make dough; roll out and cover apples. Bake at 350°F for 30 minutes. **Sauce:** Boil water. Mix sugar, flour and salt and add to boiling water. Boil for 10 minutes and add vanilla and butter. Serve sauce hot over crust/apples.

Apple Sauce Cake

Joan Krans, Williston, Vt.

Cream together:
½ cup butter
1 cup brown sugar
1 egg

In a bowl combine:
2 cups flour
1 tsp. baking soda
1 tsp. cinnamon
½ tsp. nutmeg
½ tsp. cloves
½ tsp. salt

Add to bowl:
1 cup applesauce
1 cup chopped nuts

Mix all ingredients and pour into a greased 9x13x2-inch pan and bake at 350°F for 30 to 35 minutes. Cool on a wire rack.

Tip on cooking with apples: When baking a pie, use a mix of sweet and tart apples to ensure a balanced flavor.

Apple Torte - Connie Waller, Starksboro, Vt.

Base:

½ cup butter
⅓ cup sugar
½ tsp. almond flavoring
1 cup flour
⅓ cup raspberry jam

Filling:

¼ cup sugar
8 oz. cream cheese
1 egg
½ tsp. almond flavoring

Top:

4 cups apples, peeled, cored
and sliced
½ tsp. cinnamon
⅓ cup sugar
½ cup slivered almonds

Base: Preheat oven to 400°F. Cream butter, almond flavoring and sugar, then blend in flour. In a buttered 9-inch springform pan, press on the bottom and about 1-inch high on the sides. The layer of jam is then spread on the bottom. **Filling:** Beat all ingredients until smooth and pour over jam. **Top:** Mix sugar and cinnamon, then toss with the apples. Arrange them over the cream cheese. Decorate with almonds. Bake for 35 to 40 minutes. Remove from pan and store in a cool place until serving.

Jean's Canadian Apple Pie - Jean McNeil, Mansonville, Quebec

Crust:

1 cup flour
¼ tsp. salt
2 Tbsp. sugar
½ cup butter
1 Tbsp. vinegar

Filling:

6 medium apples, peeled and cored
¾ cup sugar (or brown sugar)
1 Tbsp. flour
½ tsp. cinnamon

For crust: Mix dry ingredients, cut in butter and add vinegar. Mix with hands and roll out to cover 9-inch pie plate. Place in plate and set aside. **For filling:** Grate apples to yield 3 cups. Stir in sugar, flour, and cinnamon. Pour into crust and bake at 400°F for 40 to 50 minutes. Serve with ice cream.

Great Gram's Farm Dessert - Dan Franks, Stowe, Vt.

2 Tbsp. butter plus more for dotting
4 Tbsp. sugar, rounded
1 egg
1 tsp. vanilla
⅔ cup flour

1 tsp. baking powder
3 medium apples
¼ cup sugar
Dash cinnamon

Cream butter and sugar, add egg and vanilla. Blend in flour and baking powder. Spread batter in greased 8-inch baking plate. Cover with peeled, cored, and sliced apples. Sprinkle a topping of ¼ cup sugar and dash of cinnamon (enough to turn mixture a light brown) over cake and dot with butter. Bake at 400°F for 30 minutes. Cool in pan.

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