

# *Across the Fence*

## Apple Recipes – October 2015

### Lyn Jarvis' Recipes

#### Applesauce Meatloaf

1 cup soft bread crumbs	¾ tsp. salt
¾ cup applesauce	⅛ tsp. pepper
1½ lbs. ground beef	½ cup applesauce
¼ lb. ground pork sausage	1 Tbsp. vinegar
1 egg, beaten	1 Tbsp. brown sugar
3 Tbsp. onion, finely chopped	1 tsp. mustard
2 Tbsp. celery, finely chopped	

Preheat oven at 350°F. Mix bread crumbs, ¾ cup applesauce, ground meats, egg, onion, celery, salt, and pepper thoroughly. Pack into a 8½x4½x3-inch loaf pan. Mix remaining ingredients. Spread over meat mixture. Bake about 1½ hours. Pour off liquid. Serve hot.

#### Apple, Blueberry & Maple Crisp

##### 2nd. Place Winning Recipe at The Champlain Valley Exposition

6 cups sliced peeled apples, such as Braeburn/Gala mix	<b>Topping:</b>
1½ cups blueberries	½ cup packed brown sugar
⅓ cup maple syrup	½ cup flour
¼ cup sugar	¾ cup rolled oats
2 Tbsp. flour	½ tsp. cinnamon
1 Tbsp. lemon juice	½ tsp. nutmeg
¼ tsp. cinnamon	¼ cup Vermont maple syrup
	2 Tbsp. butter, melted

In large bowl, combine apples and blueberries, toss with maple syrup. Add sugar, flour, lemon juice and cinnamon, spread in 8-inch square baking dish. **Topping:** In bowl, combine brown sugar, flour, rolled oats, cinnamon, and nutmeg. Pour in maple syrup and butter, toss until moistened. Sprinkle over fruit. Bake in 350°F oven for 1 hour or until golden and fruit is fork tender. Let cool on rack for 15 minutes. **Yield:** 6 servings.

#### Bess Truman's Ozark Pudding

1 egg	⅛ tsp. salt
¾ cup sugar	½ cup chopped nut meats
2 Tbsp. flour	½ cup chopped apple
1¼ tsp. baking powder	1 tsp. vanilla

Beat the egg at low speed for 1 minute. Gradually add the sugar continuing to beat the mixture until very smooth. Set aside. Combine flour, baking powder and salt. Sift together and add to egg-sugar mixture, stirring it in with a mixing spoon. Add nut meats, apple and vanilla. Generously butter a 9-inch shallow pie plate. Pour the pudding into it and bake 35 minutes at 350°F until center is set. Serve with whipped cream or ice cream. Will settle.

## **Sweet Purple Slaw With Apples And Walnuts**

### **Salad**

4 cups red cabbage, sliced (¼-inch by 1-inch long)  
1 Honeycrisp apple, chopped ¼-inch, or 2 cups total  
½ small red onion (or ¼ cup), chopped  
1 Tbsp. lemon juice  
½ cup walnuts, chopped

¼ cup dried cranberries

### **Dressing**

⅛ cup red wine vinegar  
¼ cup olive oil  
⅛ cup maple syrup  
⅛ tsp. salt  
⅛ tsp. fresh ground black pepper

In a large bowl mix together the cabbage, apple, onion, lemon juice, walnuts, and cranberries. Prepare the dressing by whisking together the vinegar, olive oil, maple syrup, salt, and pepper. Add the dressing to the cabbage mixture and mix well to coat. Refrigerate at least 2 hours before serving. **Yield:** 6 to 8 servings.

## **Carolyn Peake's Recipes**

### **Slow-Cooker Pork Chops With Apple-Cherry Stuffing**

1 pkg. (6 oz.) turkey flavor stuffing mix  
2 cups celery stalks, chopped  
1 medium tart cooking apple, peeled and chopped (1 cup)  
½ cup onion, chopped

1 cup dried cherries  
¼ cup melted butter  
1 cup chicken broth  
6 boneless loin pork chops (about ½-inch thick)

Spray inside of 4 to 5 quart slow cooker with cooking spray. Mix all ingredients except pork. Place half the stuffing mixture in the slow cooker and top with pork. Spoon remaining stuffing over pork. Cover and cook on LOW heat for 6 to 8 hours or until pork is tender. **Yield:** 6 servings. **Note:** This is for use with a cooker with heating unit on bottom and side. If using one that just heats from the bottom, check manufacturer's directions for layering ingredients and correct temperature.

### **Harvest Time Green Beans**

2 cups green beans, cut (can use frozen if desired)  
1 cup thinly sliced carrots  
2 green onions cut into ½-inch pieces  
½ cup water

1 tsp. sugar  
¼ tsp. dried thyme leaves, crushed  
⅓ cup apple juice  
1 tsp. cornstarch  
½ cup cubed, unpeeled red apple

In a 3-quart saucepan, mix beans, carrots, onions, water, sugar, and thyme. Heat to boiling, then reduce heat to low, cover and simmer 5 to 7 minutes. Stir occasionally and cook until vegetables are crisp-tender. In a small bowl, mix apple juice and cornstarch until well blended. Pour over cooked vegetables and stir in apples. Increase heat, cooking and stirring 1 to 2 minutes or until sauce is bubbly and thickened. **Yield:** 6 servings.

## **Maple Apple Jam**

½ cup packed brown sugar  
¼ cup cornstarch  
¾ cup apple cider

1 cup Vermont maple syrup  
5 Gala or Golden Delicious apples,  
peeled and finely chopped

In a 3-quart saucepan, mix brown sugar and cornstarch then stir in cider and maple syrup, mixing until well blended. Add apples. Heat to boiling over medium heat and stir until sugar dissolves. Reduce heat to medium-low, cover and cook for 25 to 30 minutes stirring occasionally, until apples are tender. Remove from heat. Meanwhile, fill an 8-quart kettle about ⅔ full of water and heat to boiling. Ladle hot jam into jars, leaving ½-inch head space. Cover with lids and screw on bands to finger tightness. With tongs, carefully place jars in the boiling water, being sure there is at least 1-inch of water over the jars. Return to boiling and boil for 10 minutes. Remove jars from water and place on a cooling rack. When jars are cool and lids have "popped" and pressing on the center leaves it down, prepare jars for storage. Remove rings and wipe jars to remove any stickiness. Store in a cool, dry area. Store opened jars in refrigerator. **Yield:** 6 half-pint jars.

## **Apple-Bacon Cheddar Mini Breakfast Pies**

¾ lb. bacon, crisply cooked and  
crumbled  
1 cup chopped, peeled apple  
1 cup shredded sharp cheddar cheese  
½ cup chopped white onion

3 Tbsp. chopped fresh sage leaves  
½ cup biscuit mix  
½ cup milk  
2 eggs

Heat oven to 350°F. Lightly spray 12 muffin cups with cooking spray. In a large bowl stir together bacon, apple, cheese, onion and sage. In a medium bowl, stir together biscuit mix, milk and eggs with a fork until well blended. Spoon slightly less than 1 Tbsp. of the biscuit mixture into bottom of each muffin cup. Top each with about ¼ cup of bacon mixture. Top with remaining biscuit mixture. Bake for 20 to 30 minutes or until a toothpick in center comes out clean and edges are golden. Cool 5 minutes in pan then transfer to cooling rack to cool slightly before serving. **Yield:** 12 pies.

## **Deb Plumley's Recipes**

### **Turkey Waldorf Salad Wraps**

4 thin slices of cooked turkey  
2 celery ribs  
1 apple, cut into match sticks  
⅓ cup walnuts

¼ cup raisins  
¼ cup mayonnaise  
4 lettuce leaves  
2 large tortilla wraps\*

Spread each wrap with mayonnaise to suit. Layer lettuce leaves, then turkey. In food processor, finely chop walnuts, raisins and celery. Spread over turkey. Add apple sticks. Roll, cut in half and secure with skewers. **\*Note:** spinach flavored tortilla wraps work nicely.

## **Apple Spice Whoopie Pies**

1 box (15.25 oz.) spice cake mix  
1 box (3.4 oz.) instant vanilla pudding  
3 eggs  
¼ cup vegetable oil  
¼ cup applesauce  
2 tsp. apple pie spice

**Filling:**  
½ cup vegetable shortening  
1¼ cups confectioner's sugar  
1 tsp. vanilla  
2 tsp. cinnamon  
2 cups marshmallow fluff

Mix ingredients well in large bowl. Drop 2 tablespoons of batter for each cake shell onto a parchment lined cookie sheet. Place 2 inches apart. Bake at 400°F for about 8 to 10 minutes. Let set until cool.

**Note:** Cake shells may be frozen for easier spreading of filling.

**Filling:** Beat all ingredients until well mixed and all dry ingredients incorporated.

**To finish whoopie pies:** Take 2 shells and spread ¼ cup of filling. Make a sandwich and press together. These freeze well and are delicious icy cold.

## **Viewer's Recipes**

### **Harvest Apple Walnut Cake With Lemon Butter Frosting**

**Carol Craft, Coventry, Vt.**

4 cups coarsely chopped apples, about 6	2 cups sifted flour
2 cups sugar	2 tsp. baking soda
2 eggs, room temperature	2 tsp. cinnamon
½ cup vegetable oil	1 tsp. salt
2 tsp. vanilla	1 cup chopped walnuts

Combine apples and sugar in large bowl. Let stand. Beat eggs slightly, then beat in oil and vanilla. Sift flour, baking soda, cinnamon and salt. Stir into egg mixture alternating with apple mixture. Stir in nuts. Pour into greased and floured 13x9x2-inch pan. Bake at 350°F about one hour or until cake tests done. Put on wire rack until cool, and turn out, if desired. Frost and sprinkle walnuts on top.

### **Lemon Butter Frosting:**

Cream 4 Tbsp. butter. Gradually add 3 cups confectioner's sugar and beat until thick. Beat in 2 Tbsp. lemon juice and enough cold water (1 or 2 Tbsp.) to make a spreading consistency. Beat in a few grains of salt. Spread on cake. Makes about 3½ cups of frosting.

### **Tips on cooking with apples:**

- Rub cut apples with lemon juice to keep slices from turning brown.
- Three medium-sized apples weigh about 1 lb.
- A pound of apples, cored and sliced, measures about 4½ cups.
- Buy about 2 lbs. of whole apples for a 9-inch pie.

### **Apple Cinnamon Cake**

**Barbara Shorey, South Hero, Vt.**

4 large or 6 small apples peeled and sliced	1 tsp. salt
$\frac{3}{4}$ cup sugar	$1\frac{3}{4}$ cups sugar
3 tsp. cinnamon	$1\frac{1}{2}$ cups orange juice
4 cups flour	1 cup oil
4 tsp. baking powder	4 eggs

Mix well flour, baking powder, salt and  $1\frac{3}{4}$  cups sugar. Add orange juice, oil, and eggs. Beat well. If batter is too thick, gradually add a little more orange juice. Pour  $\frac{1}{2}$  batter into greased tube pan. Stir together apples,  $\frac{3}{4}$  cup sugar, and cinnamon; pour half over batter. Add remaining batter and top with remaining apple mixture. Bake at 350°F for 90 minutes or until golden brown.

### **Applesauce Maple Loaf**

**Edie Ackerman, Fairlee, Vt.**

$\frac{1}{2}$ cup butter	1 egg
$1\frac{1}{2}$ tsp. baking soda	$\frac{3}{4}$ tsp. nutmeg
$\frac{1}{2}$ tsp. cloves	$\frac{1}{2}$ cup raisins
$\frac{1}{2}$ cup soft maple sugar	$1\frac{1}{2}$ cup flour
1 tsp. cinnamon	$\frac{1}{2}$ tsp. salt
$1\frac{1}{4}$ cup applesauce	$\frac{1}{2}$ cup chopped walnuts

Cream butter and maple sugar until light. Beat in egg and set aside. Stir together flour, baking soda, cinnamon, nutmeg, salt and cloves. Gradually add to creamed mixture. Beat applesauce into batter. Stir in raisins and nuts. Pour into a greased and floured 9x5-inch loaf pan (or 2 small loaf pans). Bake at 350°F for 1 hour. Cool in pan for 10 minutes. Remove from pan and cool on wire rack. Sprinkle with confectioner's sugar.

### **Apple Spice Cookies with Raisins**

**Greta Crandall, Peru, Vt.**

$1\frac{1}{2}$ cups flour	$\frac{1}{2}$ tsp. nutmeg	$\frac{1}{4}$ cup milk
1 tsp. baking powder	$\frac{1}{2}$ cup butter	1 cup chopped nuts
1 tsp. cinnamon	1 cup brown sugar	1 cup raisins
$\frac{1}{2}$ tsp. salt	1 egg	1 cup apples, chopped
$\frac{1}{2}$ tsp. allspice	1 cup whole wheat flour	

Sift together flour, baking powder, cinnamon, salt, allspice, and nutmeg. Set aside. In a separate bowl cream together butter, brown sugar and egg. Stir in whole wheat flour and milk. Stir milk and flour mixture into dry ingredients. Add remaining ingredients and mix well. Drop by tablespoons onto a greased cookie sheet. Bake at 375°F for about 10 minutes or until cookies are set. **Yield:** 3 dozen cookies

### Pineapple Apple Pie, Brenda Pitmon, South Hero, Vt.

Pastry for single-crust pie (9-inch)  
1 can (20 oz.) crushed pineapple  
3 medium sweet apples, peeled and  
chopped  
½ cup all-purpose flour  
½ tsp. ground cinnamon  
½ tsp. ground nutmeg

**Topping:**  
½ cup quick-cooking oats  
⅓ cup packed brown sugar  
¼ cup all-purpose flour  
2 Tbsp. plus 2 tsp. butter, melted

Line a 9-inch pie plate with pastry; trim and flute edges. Drain pineapple, reserving ¾ cup juice. In a large bowl, combine the apples, pineapple and reserved juice. Combine the flour, cinnamon and nutmeg; add to apple mixture and toss to coat. Transfer to pastry. In a small bowl, combine the oats, brown sugar, flour, and butter; sprinkle over filling. Bake at 375°F for 40 to 45 minutes or until filling is bubbly and topping is browned. Cover edges with foil during the last 15 minutes to prevent over-browning if necessary. Cool on a wire rack. 259 calories per serving.

### Apple Brownies, Jess Pastor, Hyde Park, Vt.

4 eggs	1 tsp. salt	1 cup butter
2 cups sugar	1 tsp. baking soda	6 medium apples, cubed
2 cups flour	1 tsp. cinnamon	½ cup raisins, optional

Mix eggs, sugar, flour, salt, baking soda, and butter. Stir just to blend. Add cubed apples to mixture and stir enough to cover apples evenly. Pour into 9x13x2-inch greased pan. Add ½ cup raisins, if desired. Bake at 350°F for 30 to 35 minutes.

**Note:** Due to an omission of a step in the preparation of the **Fruit Relish** recipe featured in last month's recipe set, we are including the corrected version of the recipe, we apologize for any inconvenience.

### Fruit Relish, Sharon Roy, South Hero, Vt.

3 pears	3 cups sugar	3 onions
6 red tomatoes, peeled	¾ Tbsp. pickling spice	6 green peppers
3 apples	½ lemon, juice and rind	4 or 5 stalks celery
1 red pepper	4 peaches, peeled	1½ tsp. salt
		1¼ cups vinegar

Grind or chop vegetables and fruits together. Add sugar and remaining ingredients. **Cook for 2 hours stirring occasionally.** Ladle into hot sterile jars. Seal and enjoy. Great on hamburgers. **Yield:** 6 pints.

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