

Across the Fence

Apple Recipes – October 2010

Carolyn Peake's Recipes

Cider-Braised Chicken

1 chicken (4 lbs.) cut into quarters	4 tomatoes, quartered
1 Tbsp. ground turmeric	1 cup apple juice or cider
1 tsp. ground ginger	1 Tbsp. cornstarch
½ tsp. ground mace	2 Tbsp. cold water
¼ tsp. ground allspice	

Remove wing tips, backbone and tailpiece from the chicken pieces (these can be frozen for making stock later). Discard any fat. Brown chicken in large skillet over medium heat (do not use any oil), skin side down, for about 10 minutes. Pour off excess fat.

Sprinkle with turmeric, ginger, mace, and allspice; add the tomatoes. Cover with the apple juice. Cover the pan, reduce the heat and simmer for 45 minutes. To thicken the juices, make a paste by combining the cornstarch with the water. Stir into the juices and simmer, uncovered, for 15 minutes longer. Yield: 4 servings. **Slow cooker:** This can also be made in a slow cooker. Prepare as directed without adding the cornstarch and set the cooker on low heat for 7 to 9 hours or high heat for 3 to 4 hours. Add the cornstarch at the end of the cooking and cook at high heat about 15 minutes longer to thicken the liquids.

Chocolate Applesauce Cake

¼ cup graham cracker crumbs	2 Tbsp. unsweetened cocoa powder
8 oz. semi-sweet chocolate	2 tsp. baking powder
1½ cups dark brown sugar	1 tsp. baking soda
1 cup (2 sticks) butter, softened	½ tsp. ground cinnamon
4 eggs	1½ cups applesauce
1½ cups sifted all-purpose flour	

Grease a 9-inch springform pan and dust with the graham cracker crumbs. Preheat oven to 350°F. Melt the chocolate in small saucepan or microwave. Cream sugar and butter until fluffy. Add eggs, one at a time, beating until combined. Beat in the chocolate. Sift together the flour, cocoa, baking powder, baking soda, and cinnamon. Stir about ½ cup of the flour mixture and ½ cup applesauce into butter mixture. Continue to combine the ingredients until all have been mixed into the batter. Spoon 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 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.

Maple Sweet Potato Casserole

6 medium sweet potatoes	½ cup (1 stick) butter
2 medium apples (Baldwin, Granny Smith, Northern Spy)	½ cup Vermont maple syrup
Juice of 1 lemon	½ tsp. ground nutmeg

Scrub the potatoes and boil until they can be easily pierced with a fork. Cool and peel. Heat oven to 350°F. Cut potatoes into ½-inch rings and arrange a single layer in a 9x13-inch baking pan. Peel, core, and slice the apples about ½-inch thick and toss with the lemon juice. Place a single layer of apples over the potatoes. Continue layering the apple and potato slices until all are used up. Melt the butter in a small saucepan. Stir in the maple syrup and nutmeg. Pour over the layers. Bake for 30 minutes and serve hot. Yield: 8 to 10 servings.

Potato Apple Salad

6 medium potatoes	1 clove garlic, crushed
¼ lb. bacon	2 medium apples (Cortland, Granny Smith, Fuji)
1 medium onion	½ cup mayonnaise
½ cup vegetable or olive oil	1 Tbsp. prepared mustard
2 Tbsp. cider vinegar	

Boil the potatoes until tender, but not falling apart. Peel while still warm and cut into bite-sized pieces. While potatoes are cooling, fry bacon, drain and cut into ½-inch pieces. Grate the onion into a large bowl. In small bowl, beat together the oil, vinegar, and garlic. Add the potatoes to the onion and toss with the oil mixture. Core and dice the apples. Add to the potatoes. Add bacon to the mixture. Mix the mayonnaise and mustard and add to the potato mixture, tossing to combine. Serve either warm or chilled. Yield: 4 to 6 servings

Apple Molasses Cookies

3 cups sifted all-purpose flour	1 cup brown sugar
1½ tsp. ground ginger	2 eggs
1 tsp. baking soda	½ cup molasses
½ tsp. ground nutmeg	¼ cup apple juice or cider
1 cup (2 sticks) butter, softened	

In a medium bowl, mix together the flour, ginger, baking soda and nutmeg. In a large bowl, cream together the butter and sugar. Add the eggs and beat until combined. Beat in the molasses and apple juice. Stir in the flour mixture and beat until smooth. Cover and refrigerate for about 1 hour. Preheat oven to 375°F. Grease two baking sheets. Drop dough by tablespoon about 2 inches apart onto the baking sheets. Bake for 10 minutes or until cookies are lightly browned around the edges. Remove from sheets and cool on wire rack. Yield: About 40 cookies.

Lyn Jarvis' Recipes

Apple Butterscotch Crisp

6 cups sliced peeled tart apples (about 5 large)	1 pkg. (3½ oz.) cook-and-serve butterscotch pudding mix
¾ cup packed brown sugar	1 tsp. ground cinnamon
½ cup all-purpose flour	½ cup butter
½ cup quick-cooking oats	

Place apples in a 3-qt. slow cooker. In a large bowl, combine the brown sugar, flour, oats, pudding mix, and cinnamon. Cut in butter until mixture resembles coarse crumbs. Sprinkle over the apples. Cover and cook on low for 5 to 5½ hours or until apples are tender. Serve with vanilla ice cream if desired. Yield: 6 servings.

Apple Rings

5 apples	1 egg, unbeaten
1 cup flour	½ tsp. salt
3 tsp. sugar	Cooking oil (as needed)
1 cup milk	

Peel, core and slice apples. Mix flour, sugar, milk, egg, and salt into a smooth batter. Dip the apple rings in batter. Heat 2 inches of oil (365°F to 375°F) in a large frying pan. Allow apple rings to float, turn apple rings when nicely browned. Drain apple rings on paper towels.

Apple Maple Syrup Muffins

2 cups flour	1 egg, beaten
4 tsp. baking powder	⅓ cup melted shortening
¾ tsp. cinnamon	⅓ cup Vermont maple syrup
¼ tsp. nutmeg	¾ cup apples, peeled and chopped fine
¾ cup milk	12 walnut halves

Sift flour, baking powder, cinnamon, and nutmeg together. Add beaten egg, shortening, milk, and syrup. Stir until moist. Add apples. Fill greased muffin tins ¾ full of batter. Top each with a walnut half. Bake in a 400°F oven for 20 to 25 minutes. Yield: 12 servings.

Apple-Ham Bake

4 cups cooked ham	½ tsp. dry mustard
1 cup saltine crackers, crushed	3 cups apples, pared and sliced (about 3 medium apples)
¼ cup onion, chopped	¼ cup honey
1 egg, beaten	2 Tbsp. butter, melted
½ cup milk	
¼ tsp. cloves	

Preheat oven to 375°F. Mix ham with crackers, onion, egg, milk, and spices. Pack into a 9x9x2-inch glass pan. Arrange apple slices on meat mixture. Mix honey with butter; pour evenly over apples. Bake uncovered for 40 minutes. Yield: about 6 to 8 servings.

Viewer Recipes

Apple Skillet Cake

Edith Ackerman, Fairlee, Vt.

3 Tbsp. unsalted butter	¾ cup all-purpose flour
2 medium McIntosh apples-peeled, cored, and cut into 10 wedges each	3 large eggs
3 Tbsp. granulated sugar, divided	1 tsp. pure vanilla extract
1 cup cottage cheese	1 Tbsp. confectioners' sugar, for dusting
¾ cup sour cream	Vermont maple syrup (optional)

In a 10-inch ovenproof nonstick skillet, melt the butter over moderate heat. Arrange the apples in a single layer in the skillet and sprinkle with 1 tablespoon of the granulated sugar. Cook over moderate heat until the apples are softened and lightly colored, about 8 minutes. Remove from the heat. Preheat the broiler. Place rack in the oven about 8 inches from the heat. In a food processor,

combine the remaining 2 tablespoons of granulated sugar with the cottage cheese, sour cream, flour, eggs, and vanilla. Process for 3 seconds. Scrape down the bowl and process the batter for 3 seconds more. Pour the batter over the apples in the skillet. Cover the pan with a lid or aluminum foil and cook over moderate heat until the edge of the cake is set and the center begins to bubble, about 7 minutes. Uncover and broil the cake, turning the skillet as necessary for even browning, about 4 minutes. Dust the top of the cake with the confectioners' sugar and cut it into wedges. Serve it warm directly from the skillet, with maple syrup if desired. Yield: 6 servings.

Apple Fritters

Pat Beaudry, North Troy, Vt.

2 eggs, beaten	1 tsp. baking powder
½ cup milk	¼ tsp salt
¼ cup sugar	4 apples, peeled, cored and sliced
1 cup all-purpose flour	Cooking oil (as needed)

Sift flour, baking powder, sugar, and salt into a bowl. Add milk and eggs; beat until smooth. Dip the apples slices into batter and fry in cooking oil (365°F to 375°F) until brown. Drain on paper towels and sprinkle with powdered sugar.

Baked Carrots and Apples

Greta Crandall, Peru Vt.

2 cups carrots, cooked	4 Tbsp. brown sugar
3 apples, sliced	¾ cup orange juice
2 Tbsp. flour	

Cook carrots until just tender and drain. Combine the carrots with apples in a greased casserole. Sprinkle flour and sugar evenly over top. Pour orange juice over top. Bake about 40 minutes at 350°F. Yield: 4 to 6 servings.

Apple Pudding Cake

Karin Gottlieb, Stowe, Vt.

2 apples, peeled and chopped	½ tsp. nutmeg
1 Tbsp. lemon juice	½ cup milk
¼ cup brown sugar	3 Tbsp. butter, melted
1½ cups pancake mix	1 tsp. vanilla
½ cup sugar	2 cups apple juice or cider
½ tsp. cinnamon	

Combine chopped apples with lemon juice and brown sugar. Whisk together pancake mix, sugar, cinnamon, and nutmeg. Stir in milk, butter and vanilla. Fold into apple mixture and spread into a 8 or 9-inch square pan. Bring juice or cider to a boil. Carefully spoon over batter. Bake at 350°F for about 35 minutes. Spoon into dishes while still warm and syrupy on the bottom. Add a few cranberries if desired. Yield: 6 to 8 servings.

Washington Apple Pie
Beverly Diemer, Barre, Vt.

3 eggs	2 cups sugar
1 cup cooking oil	2 cups flour
2 tsp. cinnamon	1 tsp. baking soda
½ tsp. salt	1 tsp. vanilla
1 cup chopped walnuts	4 cups tart apples, thinly sliced

Frosting:

6 oz. cream cheese, softened	2 cups powdered sugar
¼ cup butter, melted	1 tsp. lemon juice

Beat eggs until thick and light. Combine sugar and oil; pour into eggs and mix on medium speed. Stir together flour, cinnamon, soda, and salt. Add to egg mixture; add vanilla and beat to mix all. Stir in walnuts. Spread apples in a buttered 13x9x2-inch pan. Pour batter over apples spreading to cover. Bake in a 350°F oven for one hour. Cool. **Frosting:** Beat cream cheese until fluffy. Add butter, sugar, and lemon juice and beat until well mixed. Spread over cooled cake.

Apple Cranberry Salad
Kendy Mayo, Colchester, Vt

1 box (3 oz.) lemon gelatin	1 cup apples peeled and chopped
1½ cups boiling water	½ cup orange sections, diced
1 can whole cranberry sauce	

Dissolve gelatin in boiling water. Cool, add fruit and chill. Serve on lettuce with mayonnaise or favorite dressing.

Apple Cake with Orange Butter Frosting
Carol Craft, Coventry, Vt

2½ cups sifted flour	3 eggs
1½ tsp. pumpkin pie spice	2 cups apples, peeled, cored and grated
1 tsp. baking powder	1 tsp. vanilla
1 tsp. baking soda	½ cup milk
1 tsp. salt	1 cup raisings
½ cup shortening	1 cup chopped walnuts
1¾ cups sugar	

Grease two 9-inch layer pans and line with waxed paper. Measure first 5 ingredients into sifter. Cream shortening with sugar until fluffy and light in a large bowl with spoon or electric mixer at medium speed. Beat in eggs, one at a time until fluffy again. Stir in apples and vanilla. Sift flour mixture, adding alternately with milk and stir until just blended. Fold in raisins and nuts. Bake at 350°F for 35 minutes or until cake springs back when lightly pressed with fingertip.

Frosting and filling:

½ cup (1 stick) butter	¼ cup orange juice
1 box confectioners' sugar, sifted	4 tsp. grated orange rind, divided
1 tsp. vanilla	Dash of salt
3 or 4 oz. cream cheese	

Cream butter until soft in medium size bowl and gradually beat in sugar alternately with orange juice until creamy smooth. Stir in 3 teaspoons of rind, salt, and vanilla. Soften cream cheese in bowl. Blend in ½ cup of the orange mixture and remaining teaspoon rind. Use this as filling and frost with remaining.

Apple Crisp

Dorothy Foster, Putney Vt.

Topping

1 cup quick-cooking oats, uncooked	¼ tsp. cinnamon
¼ cup packed brown sugar	¼ cup melted butter

Filling

¼ cup packed brown sugar	½ tsp. cinnamon
2 Tbsp. flour	6 cups apples, peeled and sliced.
¼ cup water	

Prepare topping first. Combine oats, brown sugar, and cinnamon. Add butter and mix well. Set aside.

Filling: Combine brown sugar, flour, and cinnamon. Stir in water. Add apples, tossing to coat. Spoon mixture into a 8-inch square dish. Top with oat mixture. Bake at 350°F for 40 to 45 minutes or until fruit is tender. Apples can be substituted with pears or peaches.

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