

AROUND THE CLOCK

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Which Varieties For What?

Some varieties are best for pie, some for baking, and so on. This list may help in your selection:

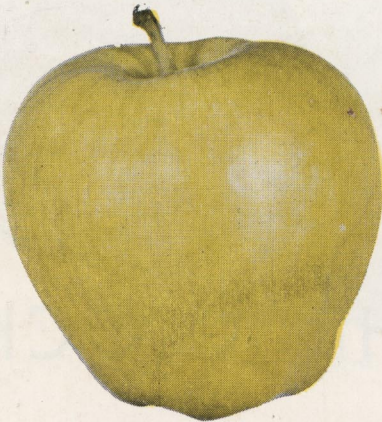
For baking — Albemarle Pippin, York Imperial, Stayman, Jonathan, Rome Beauty, Grimes Golden.

For pie — Grimes Golden, York Imperial, Jonathan, Winesap, Stayman, Rome Beauty, Golden Delicious.

For sauce — Grimes Golden, York Imperial, Winesap, Stayman, Golden Delicious.

For salads — Stayman, Grimes Golden, Winesap, Red Delicious.

For eating — Grimes Golden, Stayman, Winesap, Red Delicious, Golden Delicious, Jonathan.



Golden Delicious

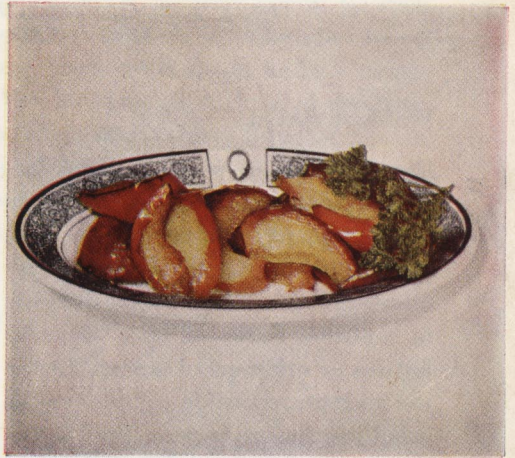


The York Imperial

Start The Day With Apples

Fried Apples and Bacon

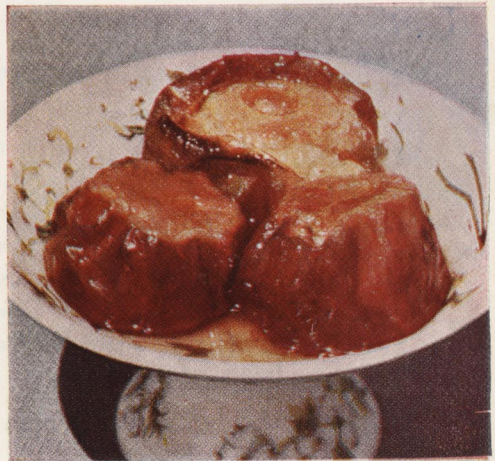
Fry bacon until crisp. Drain, and keep hot. Leave about 4 tablespoons of fat in the skillet. Fill it with sliced unpeeled apples and brown lightly. Sprinkle with sugar, ($\frac{1}{2}$ cup per quart), cover, and cook slowly until tender. Remove the cover to let the apples brown and cook off excess juice. Serve on a hot platter with the bacon.



Fried Apples

Baked Virginia Apples

Wash the apples and core them without cutting through the blossom end. Remove the blossom. Peel skin about $\frac{1}{3}$ down. Score with fork. Place the apples in a baking dish; fill the holes with sugar. Add a little butter, raisins, nutmeg, and cinnamon, if desired. Add just 2 tablespoons of water to keep the apples from sticking. Cover with ovenware dish. Bake in a moderate oven (350°) until the apples are soft. To get a glaze, remove cover and baste syrup over apples. Cook. Crystalized ginger may be used.



Baked Apples

Apple Sauce

Wash, quarter, and remove stem and blossom ends. Cook the apples in a covered pan until soft, using just enough water to keep them from scorching. Put the sauce through a colander or food mill. Sweeten to taste and add a few grains of salt.

Flavor may be varied by adding lemon juice or spices such as cinnamon, cloves, or nutmeg. Serve hot or cold.

Salads for Lunch or Supper

Waldorf Salad

Dice tart apples with the skins left on. Combine with chopped celery and chopped nuts (hickory nuts, pecans, walnuts, or blanched almonds). Add enough salad dressing to moisten. Serve at once on crisp lettuce or other salad greens. If you use walnuts, sprinkle them over the salad just before serving, for the nut skins may darken the fruit.

Mixed Apple Salad

Put equal quantities of shredded cabbage, cut celery, raisins, and apples into bowl and mix with mayonnaise. Serve on lettuce.

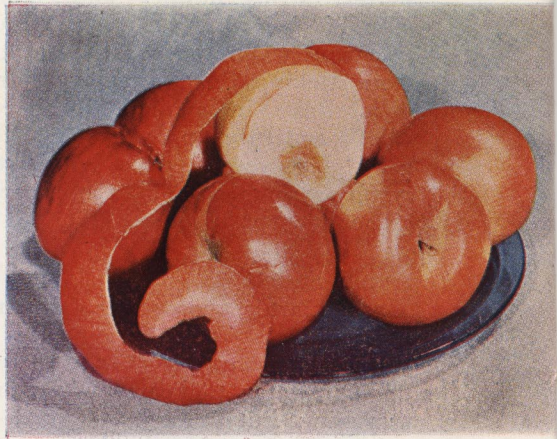
Apple and Cabbage Salad

Dice tart apples and combine with about equal quantities of finely shredded cabbage. Mix with salad dressing. Cream dressing seasoned with grated horseradish goes especially well with this combination. Serve at once on lettuce or finely chopped cabbage.

For variety, add onions cut in thin rings.

Fruit Salad or Cup

Diced apples, especially with the red skins left on, are excellent in many kinds of fruit salads or cups. The apples give the crisp texture often needed, particularly with canned fruits. Add peaches, pears, pineapple, banana, or other available fruit.



Apple Party Salad

- 6 tart red apples
- 1 small can pineapple
- $\frac{1}{2}$ lb. seedless grapes
- 10 marshmallows
- 1 lemon

Dice apples (leave skin on), add lemon, pineapple, grapes, and marshmallows. Serve with fruit salad dressing.

Fruit Dressing

- 1 cup pineapple or other fruit juice
- $\frac{1}{4}$ cup sugar
- 1 tbsp. flour
- 1 egg
- 2 tbsp. butter
- $\frac{1}{2}$ cup whipping cream
- 2 tbsp. lemon juice

Heat juice. Beat egg. Add flour and sugar. Pour juice over mixture. Add butter. Cook slowly until thick. Chill. Add lemon juice. Whip cream and add to salad just before serving.

Apple Basket Salad

Cut a section from each side of a crisp apple leaving about $\frac{1}{4}$ inch section in center for a handle. Scoop out apple with spoon or ball cutter. Mix diced apple with salad dressing, raisins, and celery. Squeeze lemon juice over cut side of apple to prevent browning. Fill basket and serve on lettuce or any green leaf.

Red Apple Salad

- 4 firm tart apples
- $1\frac{1}{2}$ cups sugar
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{2}$ cup red cinnamon candies
- 3 cups water
- $\frac{1}{2}$ cup cottage cheese, or 3 or 4 oz. cream cheese
- $\frac{1}{4}$ cup chopped green pepper

Pare and core apples. Add sugar, salt, and candies to water. Put over heat and stir until dissolved. Cook apples slowly in this syrup in covered pan until just tender, turning occasionally to color evenly. Drain and chill. Mix cheese with green pepper and stuff the apples. Serve on watercress or other dark greens. 4 servings.

Apples With Dinner

Apples and Carrots

Scrape carrots and slice into thin rounds. Pare and slice apples. Alternate layers of the two in a greased baking dish. Dot with butter, brown sugar, and cinnamon. Sprinkle with grated cheese. Cover dish and bake until nearly soft. Remove cover and brown.

Apple Fritters

4 medium sized tart apples

$\frac{1}{2}$ cup sugar

Grated rind of 1 lemon

1 egg

$\frac{1}{2}$ cup flour

$\frac{1}{4}$ tsp. salt

1 tbsp. melted butter

1 tbsp. lemon juice

$\frac{1}{4}$ cup water

Peel and quarter apples. Dip into mixture of sugar and lemon rind. Beat egg and add flour, salt, butter, and lemon juice. Add water to make batter the consistency of heavy cream. Dip apple pieces into batter and fry in deep fat heated to 375°F. Drain on paper and dust with powdered sugar. Apples may be chopped and added to batter and dropped with small spoon into deep fat.

Stuffed Apples with Sweet

Potatoes

6 medium apples

1 tsp. cinnamon

2 tbsp. brown sugar

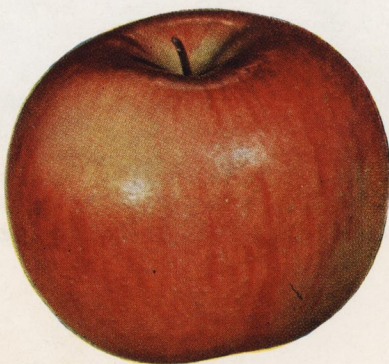
2 cups mashed cooked sweet potato

$\frac{1}{2}$ tsp. salt

1 tbsp. sugar

1 tsp. vanilla

Cut apples in half and cut out core. Place on baking pan and sprinkle with cinnamon and brown sugar. Bake slowly until tender. Prepare sweet potato filling by adding other ingredients and mixing well. Fill cooked apples with potato. Serve hot.



Rome Beauty

Mint Rings

Boil 2 cups sugar with 2 cups water and $\frac{1}{2}$ tsp. salt. Add chopped fresh mint flavor and green color. Peel and core 6 tart apples and cut across into thick slices or rings. Cook these rings slowly in syrup until clear. Drain on cake rack and serve around pork roast or ham.

Apple-Cranberry Relish

2 apples pared and cored

2 cups cranberries

1 orange

$\frac{3}{4}$ cup sugar

Grind the apple and cranberries through a food chopper. Quarter the orange, remove seeds, and put through chopper. Add $\frac{3}{4}$ cup sugar, blend, and chill. Makes $\frac{3}{4}$ quart of relish.

Sweet Potatoes and Apples

Peel and slice sweet potatoes and slice unpeeled apples. Place layer of potatoes in well greased casserole, then layer of apples. Sprinkle with brown sugar and dot with butter. Repeat until dish is filled. Place cover on casserole and bake at 350°F. or moderate oven for 1 hour or until potatoes are tender. Sausage may be added to make a main dish.

Glazed Apples

Pare and core small tart apples. Place in greased baking pan or casserole and sprinkle with sugar. Add small amount of water and pieces of butter. Bake in moderate oven (350°F.) uncovered for about $\frac{1}{2}$ hour or until done. Baste syrup over apples 2 or 3 times during cooking for an attractive glaze. Fill centers with apple jelly or raisins and serve with pork or chicken.

Favorite Apple Desserts

Apple Dumplings

Roll out rich pastry dough in 5 to 6 rounds or squares. In the center of each, place a pared and cored apple. Sprinkle the apple with a mixture of sugar, cinnamon, and a few grains of salt, and dot with fat. Lift the edges of the dough and press together. Bake in greased pan or muffin tins in a moderate oven (350° to 375°F.) for 30 minutes.

Apple Upside-Down Cake

Use your favorite cake mix or recipe for cake.

4 firm apples

1 tsp. cinnamon mixed with $\frac{1}{4}$ cup sugar

$\frac{1}{4}$ cup butter

Prepare cake batter. Spread a thick coating of fat on the bottom and sides of a heavy frying pan or baking dish. Pare, quarter, and slice the apples thin, or cut into rings and arrange on the bottom of the dish, and sprinkle with the cinnamon and sugar. Pour the cake mixture over

the apples. Bake in a very moderate oven (300° to 325°F.) for 45 minutes, or until cake is done. Loosen the sides of the cake. Turn it out carefully, upside down. Serve with cream or ice cream.

Apple Sauce Roll

2 cups rich biscuit mix

$\frac{1}{4}$ cup butter

1 $\frac{1}{2}$ cups sweetened apple sauce

1 tsp. lemon or spices

Make a rich biscuit dough. Melt butter in a pan 6" square and at least 2" deep. Roll out the biscuit dough into a rectangle 7 x 10 inches. Add seasoning to sauce and spread dough with the apple sauce. Roll up as for a jelly roll. Cut into 6 slices. Place cut side up on the hot melted butter in pan. Put at once into hot oven (450°F.). Bake 20 minutes or until the biscuit is done. Serve hot or cold, plain or with whipped cream. A syrup of 2 cups of sugar and 1 cup water may be poured over before baking if a dumpling effect is desired.

Apple Sauce Spice Cake

- 1/2 cup fat
- 1 cup sugar
- 1 cup thick, unsweetened apple sauce
- 1 egg
- 1 1/2 cups flour
- 4 tsp. baking powder
- 1 tsp. nutmeg
- 1 tsp. cinnamon
- 1/4 tsp. cloves
- 1/4 tsp. allspice
- 1/2 cup walnuts, chopped

Cream the fat and sugar. Add apple sauce and beaten egg. Mix and sift the dry ingredients. Add nuts and combine the mixtures. Blend thoroughly. Bake in loaf, in moderate oven (300° to 400°F.). If you prefer, bake cake in two layers.

Apple Croutes

Select tart, juicy apples. Remove the cores, peel, and cut in half. Have ready as many rounds of bread as there are apple halves. Butter them generously and sprinkle well with sugar. Lay each half apple on a round of bread, core side down; sprinkle with sugar and dust with cinnamon. Bake 1/2 hour in moderate oven and serve hot with cream. For a dressy dessert make a meringue and spread over when apple is tender and browned in hot oven.

Apple Crisp Pudding

- 4 cups sliced apples
- 1 cup water
- 1 tsp. cinnamon
- 1/4 tsp. nutmeg
- 1 cup sugar
- 3/4 cup flour
- 1/2 cup butter

Grease casserole. Add apples and water which has been mixed with the spices. Work together sugar, flour, and butter until crumbly. Spread over the apples. Bake uncovered in moderate 350° oven until apples are tender. Serve warm, either plain or with whipped cream.



Apple Blossoms in Bloom

Apple Cobbler

- 1/2 lemon
- 1 cup water
- 3/4 cup sugar
- 2 tbsp. flour
- 1/4 tsp. nutmeg
- 3 cups apples, pared and sliced
- 2 tbsp. butter
- 1 cup flour
- 1/2 tsp. salt
- 1/3 cup shortening
- 3 tbsp. cold water

Slice lemon thin and simmer with water until rind is tender. Mix sugar, flour, and nutmeg and add juice from lemon mixture. Cook this until thick. Add apples and butter and pour into a greased baking dish. Make pastry from flour, salt, shortening and water and roll thin. Cut in triangles and arrange over apple filling. Bake in 400°F. oven about 40 minutes. Cobbler may be served with cream or ice cream, but it makes its own juice. This has a delightful lemon flavor.

Apple Puffs

- 1 cup flour
- 1/2 tsp. salt

- 1 tsp. baking powder
- 1/2 cup sugar
- 1 egg
- 2/3 cup milk
- 3 apples - peeled and diced

Sift flour, salt, and baking powder. Add sugar, egg, milk to a stiff batter. Add apples. Drop by spoonfuls into hot fat and cook until puffs are golden brown and apples tender.

Apple Surprise

- 1/2 cup butter or margarine
- 1 cup sugar
- 1 cup flour
- 1 cup milk
- 2 tsp. baking powder
- 2 cups cooked or canned apples

Melt butter (or equivalent of other shortening) in deep skillet or baking dish.

Mix next 4 ingredients into a batter and pour this into melted butter or margarine.

Drain fruit and pour into center of batter. Bake in moderate oven until batter covers fruit and the cake browns.

Apple Brown Betty

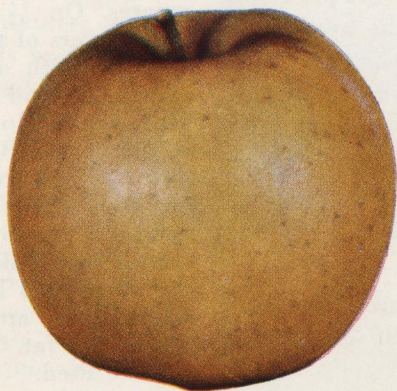
- 4 large tart apples
- 3 cups soft bread crumbs
- 1 cup sugar
- $\frac{1}{4}$ tsp. cloves
- $\frac{1}{4}$ tsp. cinnamon
- $\frac{1}{4}$ tsp. nutmeg
- $\frac{1}{4}$ tsp. salt
- 4 tbsp. butter

Grease baking dish and place a thin layer of crumbs, then a layer of thinly sliced apples, some sugar and spices. Repeat layers until all ingredients are used, saving some crumbs for the top. Pour melted butter over the top. Bake in moderate oven until apples are soft. Serve hot with hard sauce or cream.

Colonial Homestead Apple Crisp

- $\frac{1}{2}$ cup brown sugar
- $\frac{1}{2}$ cup white sugar
- $\frac{1}{2}$ cup flour
- 1 egg, separated
- 2 cups chopped apples
- $\frac{1}{2}$ cup pecans
- 1 tsp. vanilla

Mix ingredients, with exception of egg white. Beat egg white stiff but not dry and fold in. Pour in buttered pie plate and bake at 350° for about 30 minutes.



Grimes Golden

America's Favorite Dessert -- Apple Pie

Apple Pie

- 6 medium sized apples
- $\frac{2}{3}$ cup white or brown sugar
- $\frac{1}{4}$ tsp. cinnamon
- $\frac{1}{8}$ tsp. nutmeg
- 2 tbsp. flour
- $\frac{1}{2}$ tsp. salt
- $1\frac{1}{2}$ tbsp. butter
- 2 tbsp. water or cream if apples are dry

Line a 9-inch pie pan with rich pastry. Peel the apples, core, and cut into very thin pieces. Combine the sugar, cinnamon, nutmeg, salt, and flour, and sift over the apples. Stir the apples until they are well coated. Place them in the pie shell. Dot with butter. If the apples are dry, add the water or cream. Cover the pie with upper crust. Slit crust in center. Bake the pie in a hot oven 450°F. for 10 minutes. Reduce heat to 350°F. Bake the pie until apples are soft, (from $\frac{3}{4}$ to 1 hour).

Spread Apple Pie

Make spiced apple sauce. Spread on baked crust. Serve at once with cream.

Apple Crunch Pie

- 1 unbaked pie shell
- 6 apples, peeled and sliced thin
- 2 tbsp. sugar
- $\frac{1}{2}$ tsp. cinnamon
- 2 tbsp. lemon juice
- $\frac{2}{3}$ cup brown sugar
- $\frac{1}{2}$ cup flour
- $\frac{1}{4}$ cup butter
- $\frac{1}{2}$ cup nuts

Fill pie shell with sliced apples. Mix sugar, cinnamon, and lemon juice and sprinkle over apples. Mix brown sugar and flour and blend with butter. Add nuts and sprinkle mixture over apples. Bake in hot oven about 1 hour. Reduce heat if crust is brown before apples are soft.

Apple Turnovers

Roll pastry into 6 inch rounds or squares. On $\frac{1}{2}$ of the pastry, arrange layers of thinly sliced apples. Sprinkle with a mixture of sugar, cinnamon, and a little salt. Dot with butter. Moisten the lower rim of the pastry. Bring the other part over it. Press the two edges firmly together with the tines of a fork and prick the top crust so the steam can escape. Bake in a moderately hot oven (375°F.) for 20 minutes, or until the apples are tender, or fry in deep fat. Cooked dried apples may be used.

Finnish Apple Pie

3 cups sifted flour
1 tsp. baking powder
1 cup sugar
1 cup butter
2 egg yolks, slightly beaten
3 tbsp. milk
 $\frac{1}{2}$ tsp. vanilla
Apple filling
Meringue from egg whites

Mix and sift flour, baking powder, and sugar. Cut in butter as if making pastry. Stir in egg yolks, milk, and vanilla. Work dough until smooth. Chill. Roll out dough to make 3 equal round layers about 6 inches in diameter and $\frac{1}{2}$ inch thick. Place on greased baking sheets. Bake in a moderately hot oven (375°F.) for 10 to 15 minutes. Remove from oven and cool. Spread apple filling between layers and on top. Top with meringue and bake in a slow oven (325°F.) about 20 minutes, or until meringue is delicately browned. Cut in wedge shape and serve with vanilla sauce.

Apple Filling: Peel, core, and slice 2 lbs. (about 6) medium sized apples. Simmer in a syrup made by dissolving $1\frac{1}{2}$ cups granulated sugar in $\frac{3}{4}$ cup water. Add $\frac{1}{2}$ tsp. cinnamon and apple slices. Cook, uncovered, until apples are tender. Add 2 tbsp. lemon juice and cool.

Meringue: Beat 2 egg whites until frothy. Sprinkle $\frac{1}{3}$ tsp. salt over top. Add $\frac{1}{4}$ tsp. vanilla. Gradually beat in $\frac{1}{4}$ cup fine granulated sugar.

Dutch Apple Pie

6 or 8 apples
1 cup sweet or sour cream
1 cup brown sugar
 $\frac{1}{2}$ cup granulated sugar
 $\frac{1}{2}$ tsp. cinnamon
3 tbsp. flour

Wash, pare, and quarter apples. Mix brown and white sugar, cinnamon, and flour. Put half of this mixture in the bottom of an unbaked pie shell. Add apples. Mix cream with remainder of flour and sugar and pour over the top. Place in a preheated oven 450°F. Reduce temperature after 10 minutes to 325°F. Bake approximately 45 minutes or until apples are transparent and tender.



Dutch Apple Pie

Between Meal Snacks

Polished Crisp Apples

These are the best between-meal snacks. Keep a bowl of them handy. They look pretty and taste even better than they look.

Virginia Fruit Punch

- 1 cup apple juice
- 1 cup water
- 1 cup grape juice
- $\frac{1}{2}$ cup sugar
- 2 tbsp. lemon juice

Mix all together and chill.

Spiced Cider

- 1 qt. cider
- 4 sticks cinnamon
- $\frac{1}{2}$ tsp. all-spice
- $\frac{1}{2}$ tsp. whole cloves

Bring cider to boil. Add spices. Let stand four hours. Strain. Serve hot or cold.

Apple Juice Sparkle

Mix equal parts of apple juice and ginger ale with ice. Serve at once.

Applesauce-Nut Bread

- 2 cups sifted all-purpose flour
- $\frac{3}{4}$ cups granulated sugar
- 3 tsp. baking powder
- 1 tsp. salt
- $\frac{1}{2}$ tsp. baking soda
- $\frac{1}{2}$ tsp. cinnamon
- 1 cup coarsely chopped walnuts
- 1 egg
- 1 cup canned applesauce
- 2 tbsp. melted shortening

Sift together dry ingredients. Add walnuts. Beat egg. Add applesauce and shortening. Add flour mixture. Stir until blended. Pour into pan, or muffin tins. Bake in oven heated to 350°F 1 hour or until done. Cool on rack.

For The Freezer

Apples, slices

Syrup pack is preferred for apples to be used for fruit cocktail or uncooked dessert. Apples packed in sugar or frozen unsweetened are good for pie making. For better quality, apple slices need to be treated to prevent darkening. Select full-flavored apples that are crisp and firm, not mealy in texture. Wash, peel, and core. Slice medium apples into twelfths, large ones into sixteenths.

Syrup pack: Use 3 cups sugar and 4 cups water for syrup. For a better quality frozen product add $\frac{1}{2}$ tsp. (1,000 milligrams) ascorbic acid to each quart of syrup.

Slice apples directly into cold syrup in container, starting with $\frac{1}{2}$ cup syrup to a pint container. Press fruit down in containers and add enough syrup to cover. Leave head space. Seal and freeze.

Applesauce

Select full flavored apples. Wash apples. Remove stem and blossom. Slice. To each quart of apple add $\frac{1}{3}$ cup water. Cook apples until tender. Strain. Sweeten to taste with $\frac{1}{4}$ to $\frac{3}{4}$ cup sugar for each quart (2 lbs.) of sauce. Chill. Pack into containers, leaving head space. Seal and freeze.

For The Pantry

Apple Butter

- 10 lbs. apples
- 8 qts. sweet cider
- 4 lbs. sugar
- 2 tbsp. ground allspice
- 3 tbsp. ground cinnamon
- 2 tbsp. ground cloves

Pare, core, and slice the apples. Boil the cider down to half the original amount. Add apples and cook until broken up. Add the sugar and spices and cook to the consistency of fruit butter, stirring constantly to prevent scorching. Pour into sterilized jars and seal.



Making Apple Butter in The Old Days

We Grow The Best!

Let's Use The Best!

Virginia apples are packed with health and good flavor. Long days of sunshine and long, dew-filled nights have filled them with the protective Vitamins A, B, C, and G. The mountain soil has charged them with the needed minerals: calcium, phosphorus, iron, magnesium.

From the mountain-sides, the slopes and the valleys of Virginia, come apples at their finest. The Virginia apple is truly the King of Fruits.

Apples not only are packed with juice and flavor, but dental research shows that they really help cut down tooth decay. Eating an apple furnishes valuable exercise for the teeth and gums, and the juices of the apple help cut down the growth of tooth decaying bacteria. So, if you don't have your tooth brush along - take an apple.

Take one anyway. You will enjoy it, and it will help balance your meal.



Apple Orchard in Bloom

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Virginia Polytechnic Institute and the United States Department of Agriculture Cooperating: Extension Service, L. B. Dietrick, Director, Blacksburg, Va.

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