

1962

apple

AROUND THE CLOCK

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Prepared by

Janet L. Cameron and Mary L. Thompson

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Start the Day with Apples

Apple Pancakes

- 2 cups sifted flour
- 3 tsps. baking powder
- 1 tsp. salt
- 1 tbsp. sugar
- 1 egg
- 1-½ cups milk
- 2 tbsps. melted shortening
- 1 cup finely chopped apples

Sift together flour, baking powder, salt, and sugar. Beat egg lightly and add milk and shortening. Stir into flour mixture, beating until smooth. Add apples and mix well. Bake on hot gridle turning once. Makes 12 three-inch pancakes.

Apple Muffins with Crunch Topping

- 2 cups sifted flour
- 3 tsps. baking powder
- ½ cup sugar
- ½ tsp. salt
- 3 tbsps. shortening
- 1 egg, beaten
- 1 cup milk
- 1 cup chopped, peeled apples or 1 cup apple sauce
- ⅓ cup brown sugar
- ⅓ cup chopped pecans
- ½ tsp. cinnamon

Sift together dry ingredients. Cut in shortening. Combine egg, milk, and apples. Add to flour

mixture. Stir *only* until flour is dampened. Fill greased muffin tins $\frac{2}{3}$ full. Combine brown sugar, nuts, and cinnamon and sprinkle over batter. Bake at 400° for 25 minutes. Makes 12 muffins.

Virginia Fried Apples

Cook bacon at moderate temperature until crisp. Drain, and keep hot. Leave about 4 tbsps. fat in the skillet. Fill it with sliced, unpeeled apples and brown lightly. Sprinkle with sugar, (½ cup per quart), cover, and cook slowly until tender. Remove cover to let apples brown and cook off excess juice. Serve on a hot platter with bacon.

Baked Apples

Wash 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, or crystallized ginger may be used. Add just 2 tbsps. water to keep the apples from sticking. Cover and bake in a moderate oven (350°) until apples are soft. For a glaze, remove cover and baste syrup over apples.

Apple Sauce

Wash, quarter, and remove stem and blossom ends. Cook 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. Sauce freezes well.

Salads for Lunch or Supper

Fruit Salad or Cup

Diced apples, with the red skins left on, are excellent in many kinds of fruit salads or cups. The apples give the crisp texture often needed with canned fruits. Add peaches, pears, pineapple, bananas, or other available fruit. Serve cold or hot. For hot fruit cup, add spices and extra sugar to taste.

Apple Basket Salad

Cut a section from each side of a crisp apple leaving about $\frac{1}{4}$ " section in center to form handle. Scoop out center of apple to form basket. Mix diced apple with salad dressing, raisins, and celery. Squeeze lemon juice over cut side of apple to prevent browning. Fill basket with mixture and serve on lettuce.



Apple Party Salad

6 tart red apples

Juice of 1 lemon

1 small can sliced or chunk
pineapple

½ lb. seedless grapes

10 marshmallows, cut in quarters

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

Fruit Dressing

1 cup apple or other fruit juice

1 egg

1 tbs. flour

¼ cup sugar

2 tbs. butter

2 tbs. lemon juice

½ cup whipping cream

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

Apple and Cabbage Salad

Dice tart apples, unskinned, 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.

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, as the nut skins may darken the fruit.)

Mixed Apple Salad

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

Red Apple Salad

4 firm, tart apples

1-½ cup sugar

¼ tsp. salt

½ cup red cinnamon candies

3 cups water

½ cup cottage cheese

¼ cup chopped green pepper

Pare and core apples. Add sugar, salt, and candies to water. Heat and stir until dissolved. Cook whole apples slowly in this syrup in covered pan until just tender, turning occasionally to color evenly. Drain and chill. Mix cheese with green pepper. Spoon into and on top of apples.

Apples with Dinner

Stuffed Apples with Sweet Potatoes

- 6 medium apples
- 1 tsp. cinnamon
- 2 tbsps. brown sugar
- 2 cups mashed cooked sweet potato
- $\frac{1}{2}$ tsp. salt
- 1 tbsp. sugar
- 1 tbsp. butter

Cut apples in half and remove 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.

Apple Stuffing

- $\frac{1}{4}$ cup diced salt pork or bacon
- $\frac{1}{2}$ cup chopped celery
- $\frac{1}{2}$ cup chopped onion
- Parsley
- 5 tart apples, diced
- $\frac{1}{2}$ cup sugar
- 1 cup fine, dry, bread crumbs
- Salt and pepper

Fry pork until crisp. Remove pieces. Cook celery, onion, and parsley in fat 3 minutes. Remove. Place apples in fat. Sprinkle with sugar; cover, and cook slowly until tender. Uncover and cook until glazed. Add crumbs, salt pork, cooked vegetables, and seasonings. Very good for duck, goose, and wild game.

Apple-Cranberry Relish

- 2 apples pared and cored
- 2 cups cranberries
- 1 orange
- $\frac{3}{4}$ cup sugar

Grind the apples and cranberries through a food chopper. Quarter the orange, remove seeds, and put through chopper. Add sugar, mix well, and chill. Makes 3 cups of relish.

Sweet Potatoes and Apples

Peel and slice sweet potatoes. Remove core and slice unpeeled apples. Place layer of potatoes in well-greased casserole; add layer of apples. Sprinkle with brown sugar and dot with butter. Repeat until dish is filled. Cover and bake at 350° F. for 1 hour or until potatoes are tender. Sausage may be added to casserole 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 dot with butter. Bake in moderate oven (350°F.) uncovered for about $\frac{1}{2}$ hour or until tender. 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.

Glazed Apple Rings

- 6 large firm apples, Golden Delicious or York preferred
- 2 cups water
- 2-½ cups sugar
- 1 tsp. nutmeg
- 1 tbsp. grated orange or lemon rind

Cook water and sugar together for syrup. Add rind and nutmeg. Peel and core apples and cut each in 3 rings. Drop a few rings into rapidly boiling syrup and boil fast until apples are clear and tender. This takes 10 to 15 minutes, depending upon firmness of fruit. Remove rings to platter and cook remaining rings. When done, remove to platter and spoon syrup over apples to glaze. If syrup becomes too thick or crystallizes during cooking, add a small amount of water.

Mint Rings

Boil 2 cups sugar with 2 cups water and ½ tsp. salt. Add chopped fresh mint and green food coloring. Peel and core 6 tart apples and cut across into thick slices or rings. Cook these rings slowly in syrup until tender. Drain on rack and serve around pork roast or ham.

Apples and Carrots

Scrape carrots and slice into thin rounds. Pare and slice apples. Alternate layers in a greased

baking dish. Dot with butter, brown sugar, and cinnamon. Sprinkle with grated cheese. Cover dish and bake in a moderate oven until nearly soft. Remove cover and brown.

Apple Fritters

- 4 Medium sized tart apples
- ½ cup sugar
- Grated rind of 1 lemon
- 1 egg
- ½ cup flour
- ¼ tsp. salt
- 1 tbsp. melted butter
- 1 tbsp. lemon juice
- ¼ cup water
- ½ cup powdered sugar

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., or apples may be chopped and added to batter and dropped from a spoon into deep fat. Drain on paper and dust with powdered sugar.



Favorite Apple Desserts

Apple Dumplings

Roll out rich pastry dough. Cut into rounds or squares. In the center of each, place a pared and cored whole apple. Sprinkle with a mixture of sugar, cinnamon, and salt, and dot with butter. Lift the edges of the dough and press together over top of apple. Seal well. Place 2" apart in greased baking dish. Pour hot Lemon Syrup around dumplings in dish. Bake immediately at 425°F. for 40 to 45 minutes. Serve hot with pan syrup poured over each.

Lemon Syrup

- 1 cup sugar
- 2 cups water
- 1 tbs. cornstarch
- 1 tbs. butter
- 2 tbsps. lemon juice
- 1 tsp. lemon rind

Bring sugar and water to boil. Add little water to cornstarch and add to syrup stirring constantly. Cook until slightly thickened. Add butter, lemon juice, and rind.

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 butter on the bottom and sides of a heavy frying pan or baking dish. Pare and quarter apples. Cut into thin slices or rings and arrange on the bottom of the dish. Sprinkle with cinnamon and sugar. Pour cake mixture over apples. Bake in a moderate-low 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 whipped cream, ice cream, or hard sauce.

Apple Sauce Roll

- 2 cups rich biscuit mix
- $\frac{1}{4}$ cup butter
- 1- $\frac{1}{2}$ cups sweetened apple sauce
- 1 tsp. lemon extract or spices

Mix dough according to directions. Melt butter in a pan 6" square and at least 2" deep. Roll out the biscuit dough into a rectangle 7" x 10". Add seasoning to sauce and spread dough with the apple sauce. Roll up as for a jelly roll. Cut into 6 slices. Place 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 slices before baking if a dumpling effect is desired.

Apple Crisp

- 4 cups sliced apples
- 1 cup water
- 1 tsp. cinnamon
- ¼ tsp. nutmeg
- 1 cup sugar
- ¾ cup flour
- ½ cup butter

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

Apple Brown Betty

- 4 large tart apples
- 3 cups soft bread crumbs
- 1 cup sugar
- ¼ tsp. cloves
- ¼ tsp. cinnamon
- ¼ tsp. nutmeg
- ¼ tsp. salt
- 4 tbsps. butter, melted

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

Apple Sauce Spice Cake

- ½ cup fat
- 1 cup sugar
- 1 cup thick, unsweetened apple sauce
- 1 beaten egg
- 1-½ cups flour
- 4 tps. baking powder
- 1 tsp. nutmeg
- 1 tsp. cinnamon
- ¼ tsp. cloves
- ¼ tsp. allspice
- ½ cup nuts, chopped

Cream the fat and sugar. Add apple sauce and 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.). May be baked in 2 layers.

Apple Croutes

Select tart, juicy apples. Remove the cores, peel, and cut in half lengthwise. Have ready as many rounds of bread as there are apple halves. Butter bread generously and sprinkle with sugar. Lay each apple half on a round of bread, core side down; sprinkle with sugar and dust with cinnamon. Bake ½ hour in moderate oven and serve hot with whipped cream. For a dressy dessert make a meringue and spread over when apple is tender. Brown in hot oven.

Which Variety For What ?

Virginia's Big Six



York Imperial

Crisp, juicy, mild, and sweet—a favorite for the fruit bowl. Good for baking, salads, and desserts.

Season: September-February



Excellent for cooking — retains its shape and flavor well. Good for sauce, pies, baked apples, and all cooking uses. Virginia's biggest producer.

Season: November-May



Red Delicious



One of the best for baking. Flavor is pleasing and tart; flesh white and close-knit. Sometimes called "Stayman Winesap".

Season: October-March



Stayman

For baking—Rome Beauty, York Imperial, Stayman, Golden Delicious, and Grimes Golden.

For Pie—York Imperial, Golden Delicious, Stayman, Grimes Golden, Winesap, and Jonathan.

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

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

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

HOW DO YOU LIKE THEM?

Mild, Sweet, Easy Biting . . .
Delicious, Lowry, and Golden Delicious

Medium Tart, Medium Firm . . .
Stayman, Grimes Golden

Crisp, Tart, and Juicy . . .
Winesap, Jonathan



Golden Delicious

Crisp, juicy, and fairly tart. An excellent apple for eating at snack time and in salads. Good in cooking, too.

Season: November-May



Winesap

An outstanding dual purpose variety. A delightful flavor and excellent cooking qualities.

Season: September-March



One of the very best for baking; good for all cooking uses. Holds shape and flavor well under heat. A good keeping apple.

Season: November-April



Rome Beauty

Old Virginia Apple Cobbler

(This recipe received a Pillsbury Baking Contest award. It was submitted by Lilly F. Young, Courtland, Virginia.)

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

Pastry:

- 1 cup flour
- 1/2 tsp. salt
- 1/3 cup shortening
- 3 tbsps. cold water

Slice lemon thin and simmer in water until rind is tender. Mix sugar, flour, and nutmeg; add lemon mixture. Cook until thick. Add apples and butter and pour into a greased baking dish. Make pastry 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.

Colonial Homestead Apple Crisp

- 1/2 cup brown sugar
- 1/2 cup white sugar
- 1/2 cup flour
- 1 egg yolk
- 2 cups chopped apples
- 1/2 cup pecans
- 1 tsp. vanilla
- 1 egg white

Mix all ingredients except egg white. Beat egg white stiff but not dry and fold into mixture. Pour into buttered pie plate and bake at 350° F. for about 30 minutes.

Apple Surprise

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

Melt butter in deep skillet or baking dish. Mix next 4 ingredients into a batter and pour this onto melted butter. Drain fruit, add spices, and spoon onto batter. Bake about 25 or 30 minutes in 350° F. oven until batter covers fruit and cake browns. The fruit settles to the bottom of the pan and cake comes to top, making a delicious moist dessert. Serve plain or with cream.

America's Favorite Dessert — Apple Pie

Virginia Polytechnic Institute's Department of Home Economics conducted research in 1959-60 for the Appalachian Apple Service to find the best apple pie recipe using fresh, canned, or frozen apples. Appreciative testers, including members of the Virginia Apple Commission and the Virginia Restaurant Association, determined the best product. Here it is:

VPI Apple Pie

5 cups fresh York apples, sliced thin

2 tbsps. flour

½ cup white sugar

¼ cup light brown sugar

¼ tsp. salt

⅛ tsp. nutmeg

⅛ tsp. grated lemon rind

2 tpsps. lemon juice

1 tbsp. margarine

Pastry

Mix all ingredients and heap into the lower crust. Dot with margarine and seal with the top crust. Slit crust in several places. Bake in 450° F. oven 15 minutes and 350° F. oven 55 minutes.

(The pastry used was made from 3 cups flour, 1 cup shortening, 1 tsp. salt, and 1 cup water.)

Dutch Apple Pie

6 or 8 apples

1 cup brown sugar

½ cup granulated sugar

½ tsp. cinnamon

3 tbsps. flour

1 cup sweet or sour cream

Wash, pare, and quarter apples. Mix dry ingredients together. Place half of this mixture in the bottom of an unbaked pie shell. Add apples. Mix cream with remainder of dry mixture and pour over the top. Cover with pastry. Slit crust and bake in a preheated oven (450° F.) for 10 minutes. Reduce heat to 325° F. and bake approximately 45 minutes or until apples are tender.

Apple Turnovers

Roll pastry into 6" rounds or squares. On ½ of the rounds, arrange layers of thinly sliced apples. Sprinkle with a mixture of sugar, cinnamon, and a little salt. Dot with butter. Moisten the edge of the pastry. Cover each turnover with the remaining rounds. Press the 2 edges firmly together with the tines of a fork. Prick the top crust so steam can escape. Bake in a moderately hot oven (375° F.) for 20 minutes, or until apples are tender; or fry in deep fat. Cooked dried apples may be used. Dried apple turnovers are an old Virginia favorite.



Finnish Apple Pie

- 3 cups sifted flour
- 1 tsp. baking powder
- 1 cup sugar
- 1 cup butter
- 2 egg yolks, slightly beaten
- 3 tbsps. milk
- ½ tsp. vanilla
- Apple filling (below)
- 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 rounds about 6" in diameter and ½" 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 hot oven (425° F.) about 4½ minutes, or until meringue is delicately browned. Cut in wedge shape and serve with cream or a sauce.

Apple Filling: Peel, core, and slice 2 lbs. (about 6) medium sized apples. Simmer in a syrup made by dissolving 1-½ cups granulated sugar in ¾ cup water. Add ½ tsp. cinnamon. Cook, uncovered, until apples are tender. Add 2 tbsps. lemon juice and cool.

Meringue: Beat 2 egg whites until frothy. Sprinkle ⅓ tsp. salt over top. Add ¼ tsp. vanilla. Gradually beat in ¼ cup sugar.

Spread Apple Pie

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

Between Meal Snacks

Applesauce-Nut Bread

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

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

Spiced Cider

- 1 quart cider
- 4 sticks cinnamon
- $\frac{1}{2}$ tsp. allspice
- $\frac{1}{2}$ tsp. whole cloves

Bring cider to boil. Add spices. Let stand 4 hours. Strain. Serve hot or cold.

Apple Mint Julep

Combine 2 cups chilled apple juice, 1 pint lime sherbet, and a few drops mint extract. Beat until smooth and pour into tall glasses. Makes 3-4 servings. Add a sprig of mint to each glass for a pretty garnish.

Polished Crisp Apples

These are delicious for between-meal snacks. Chill apples and 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
- Sugar to taste
- 2 tbsps. lemon juice

Mix all ingredients together and chill well. Makes 4 servings.

Apple Juice Sparkle

Mix equal parts of apple juice and ginger ale. Pour over ice and serve at once.



For the Freezer

Sliced Apples

Syrup pack is preferred for apples to be used for fruit cocktail or an 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. Waxed paper crushed and placed on top before covering carton helps keep apples under the syrup. Leave head space. Seal and freeze.

Applesauce

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

For the Pantry

Apple Marmalade

8 cups thinly sliced tart apples,
about 3 lbs.

1 orange

1-½ cups water

5 cups sugar

2 tbsps. lemon juice

Wash, pare, quarter, and core the apples. Quarter the orange, remove seeds, and slice very thin. Heat water and sugar until sugar is dissolved. Add the lemon juice and fruit. Boil rapidly, stirring constantly, to 221° F. or until the mixture thickens. Remove from heat; skim and stir alternately for 5 minutes. Ladle marmalade into hot containers and seal immediately. Makes about 8 six-ounce glasses.

Apple Jelly

4 cups apple juice (takes about
3 lbs. apples and 3 cups water)

2 tbsps. strained lemon juice (if
desired)

3 cups sugar

To Prepare Juice: select about ¼ underripe and ¾ fully ripe tart apples. Wash, and remove stem and blossom ends; do not pare or core. Cut apples into small pieces. Add water, cover, and bring to boil on high heat. Reduce heat and simmer for 20 to 25 minutes, or until apples are soft. Extract juice by putting the prepared fruit into a damp jelly bag or fruit press. The clearest jelly comes from fruit that has dripped through a jelly bag without pressing. A greater yield of juice can be obtained by twisting the bag of fruit tightly and squeezing or pressing, or by using a fruit press. Pressed juice should be re-strained through a double thickness of damp cheesecloth or a damp jelly bag.

To Make Jelly: Measure apple juice into kettle. Add lemon juice and sugar and stir well. Boil over high heat to 220° F. or until jelly mixture sheets from a spoon. Remove from heat; skim off foam quickly. Pour jelly immediately into hot containers and seal. Makes 4-5 six-ounce glasses.

Apple Relish with powdered pectin

- 4-½ cups finely chopped red apples
(about 3 lbs.)
- ½ cup water
- ¼ cup lemon juice
- ½ cup raisins
- 1 pkg. powdered pectin
- 5-½ cups sugar
- ½ cup chopped nuts

Wash apples. Remove stem and blossom ends and core; do not pare. Chop apples fine. Combine apples, water, lemon juice, and raisins in a kettle. Add pectin and stir well. Place on high heat and stirring constantly, bring quickly to a full boil. Add sugar, continue stirring, and heat again to a full bubbling boil. Boil hard for 1 minute, stirring constantly. Add the nuts. Remove from heat. If desired, add 3 or 4 drops of red food coloring. Alternately skim and stir relish for 5 minutes. Ladle into hot containers and seal immediately. Makes about 9 six-ounce glasses.

Apple Butter

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

Picture credits: Photos in this bulletin used through courtesy of the National Apple Institute and Appalachian Apple Service, Inc.

Apples for Snacks



What better than apples and cheese for Sunday afternoon when friends drop in, or the Saturday night crowd playing bridge, canasta, or listening to records. Equally good for club refreshments—quick and easy, too!