

BREADS AND MUFFINS

Autumn Apple Bread

¼ cup shortening
2 eggs, well beaten
1 tsp baking powder
1 tsp salt
1 Tbsp grated lemon peel

⅔ cup sugar
2 cups sifted all purpose flour
1 tsp baking soda
2 cups coarsely grated apples
⅓ cup chopped walnuts

Cream shortening and sugar until light and fluffy; beat in eggs. Mix and sift flour, baking powder, baking soda and salt; add alternately with the grated apple to egg mixture. Stir in lemon peel and walnuts (batter will be stiff). Bake in 8" x 5" x 3" prepared loaf pan, at 350 degrees for 50 or 60 minutes. Do not slice until cold.

Apple Walnut Bread

1 ½ cups sifted all purpose flour
2 tsp baking powder
½ tsp baking soda
1 tsp salt
1 tsp cinnamon
¼ tsp nutmeg
⅛ tsp allspice

1 ½ cups crushed ready-to-serve wheat cereal flakes
1 cup chopped walnuts
¾ cup chopped apples
1 egg, slightly beaten
¾ cup firmly packed brown sugar
1 ½ cups buttermilk
2 Tbsp vegetable oil

Mix and sift flour, baking powder, baking soda, salt and spices. Stir in cereal flakes, walnuts and apple. Combine egg, brown sugar, buttermilk and oil. Mix with dry ingredients just enough to moisten. DO NOT BEAT. Turn into well-greased 9" x 5" x 3" loaf pan. Bake at 350 degrees for 1 hour.

Apple Muffins

1 egg
¼ cup oil
½ cup sugar
½ tsp salt
1 cup finely chopped, unpared tart apples (the peel adds bits of color)

½ cup milk
1 ½ cups flour
2 tsp baking powder
½ tsp cinnamon

Beat egg slightly with a fork. Stir in the milk and oil. Sift together dry ingredients and add. Add apples, stirring ONLY until flour is moistened. The batter should be lumpy. DO NOT overmix. Fill muffin cups 2/3 full. Bake 20 – 25 minutes in a pre-heated 400 degree oven or until tops are golden brown. Makes 12 medium muffins.

What counts as a serving?

- 1 medium apple (about the size of a tennis ball)
- ½ cup chopped, cooked or canned apple
- 4 ounces of 100% apple juice
- ½ cup applesauce

Apple Nut Bread

2 ½ cups all purpose flour
1 cup quick or old fashioned oats, uncooked
1 ½ tsp cinnamon
2 ¼ cups firmly packed brown sugar
⅔ cup vegetable oil
2 cups shredded apples (about 3 large apples)

½ cup chopped nuts
1 Tbsp baking powder
1 tsp salt
¼ tsp nutmeg
3 eggs
1 tsp vanilla

Preheat oven to 325 degrees. Grease bottom and sides of a 9" x 5" loaf pan. In medium bowl, combine flour, oats, nuts, baking powder, cinnamon, salt and nutmeg. In a large bowl, combine sugar, eggs, oil and vanilla. Mix well until smooth. Stir in apples. Add flour mixture, mixing just until dry ingredients are moistened. Pour into prepared pan. Bake about 1 hour and 10 to 15 minutes, or until wooden pick inserted in center comes out clean. Cool slightly before removing from pan. Cool completely before serving.

DESSERTS

Fall Apple Cake

Butter (to grease pan)
3 eggs
¼ cup orange juice
1 tsp baking soda
1 Tbsp cinnamon
3 cups chopped apples
1 cup chopped pecans

2 cups sugar
1 ½ cups vegetable oil
3 cups flour
¼ tsp salt
1 Tbsp vanilla
1 cup shredded coconut

Preheat oven to 350 degrees. Grease tube pan. In a large bowl, combine sugar, eggs, oil, and juice. Add flour, baking soda, salt, cinnamon, and vanilla. Mix well. Add the apples, pecans and coconut. Bake 1 ½ hours. Recommended to bake 1 hour and 20 minutes and check until toothpick is dry.

Apple Crisp

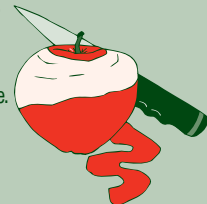
6 cups apples, thinly sliced
1 tsp cinnamon
2 Tbsp butter (melted)
½ cup flour

⅓ cup sugar
½ tsp salt
⅔ cup sugar
⅓ cup butter

Mix together apples, 1/3 cup sugar, cinnamon, salt and melted butter. Place in 8 inch square baking dish. Set aside. Combine 2/3 cup sugar and flour. Cut in butter until crumbly. Sprinkle over apples. Bake at 375 degrees about 45 minutes.

To peel or not to peel?

Actually, there's no question here – whenever possible, don't peel that apple. Two-thirds of the fiber, and many of the antioxidants, are found in an apple's peel.



Apple Pie

3 or 4 medium apples, thinly sliced
2 Tbsp flour
2 Tbsp butter
2 unbaked pie crusts

¾ cup sugar
¼ cup brown sugar
½ tsp cinnamon

Mix sugars, flour and cinnamon together. Arrange apples in a layer in crust. Sprinkle half of mixture over apples. Add another layer of apples and sprinkle the rest of the sugar mixture. Dot butter over the pie. Add the top crust. Cut slits in crust. Bake at 425 degrees for 10 minutes. Reduce heat to 350 degrees and continue baking about 40 minutes or until top is golden brown.

Apple Walnut Brownies

½ cup butter or margarine
2 squares (1 ounce each) unsweetened chocolate
1 cup sifted cake flour
1 cup walnuts
1 tsp vanilla

¼ tsp baking powder
2 eggs
1 cup sugar
¼ tsp salt
1 cup finely chopped apples

Melt butter and chocolate together over hot water. Beat eggs until light and lemon colored. Add sugar gradually while continuing to beat. Stir in chocolate mixture and beat hard 1 minute. Mix and sift flour, baking powder and salt; stir in. Add apples, nuts and vanilla. Spoon in greased 8" square cake pan. Bake at 350 degrees for about 40 minutes, or until done. Cool. Cut into squares to serve.

BEVERAGES

Apple Blossom Ice Cream Soda

2 cups apple juice
1 pint peach ice cream

Dry ginger ale

Pour ½ cup apple juice in each of 4 tall glasses. Divide ice cream equally among glasses. Fill glasses with ice cold ginger ale. Stir gently to mix.

Party Punch

1 cup orange juice
1 pint apple cider
1 pint cranberry juice cocktail

1 cup pineapple juice
¼ cup lemon juice
2 quarts ice cold ginger ale

Combine all ingredients except ginger ale; mix well. Just before serving, pour over ice in punch bowl; add ginger ale. Makes about 30 punch cup servings.



Maryland Apple Promotion Board

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Maryland Apple Recipes



Healthy
and
Nutritious

MARYLAND APPLE PROMOTION BOARD

Autumn is the perfect time to plan a family trip to an apple orchard or a roadside market to enjoy a crunchy, juicy apple. It will be a memorable experience for the entire family.

Apples **DON'T** have fat, cholesterol or sodium, a plus for maintaining a healthy heart. Apples **DO** have lots of fiber. Fiber helps promote heart health and helps maintain a healthy weight, providing just 80 calories per serving.

This fat and cholesterol free fruit makes a great after school snack!

Apple orchards are located in most areas of the state. Visit our website at www.marylandapples.org for the orchard listings. The website has valuable information. Each listing provides the varieties available, the growers telephone number and address.

Remember, an apple a day helps keep the doctor away!



E = EXCELLENT
G = GOOD
F - FAIR

	APPROXIMATE RIPENING DATE	EATING	BAKING	PIES	SALADS	SAUCES
Ginger Gold	8/15	G	E	E	E	G
Gala	9/1	E	E	E	E	E
Honey Crisp	9/10	E	G	G	E	G
Ida Red	9/10	G	E	E	E	G
Cortland	9/15	E	E	E	E	E
Jonathan	9/15	E	F	G	G	G
Mutsu/Crispin	9/20	E	E	E	E	E
Golden Delicious	9/20	E	E	E	E	E
Red Delicious	9/25	E	F	F	E	F
Empire	9/25	E	E	E	E	E
Jonagold	10/1	E	E	E	G	G
Cameo	10/10	E	F	F	E	F
Stayman	10/15	E	G	G	F	G
Rome Beauty	10/15	F	G	G	F	G
Braeburn	10/20	E	E	E	G	E
York Imperial	10/20	F	G	G	F	G
Granny Smith	10/25	E	E	E	F	G
Fuji	11/1	E	G	G	E	G
Pink Lady	11/15	E	E	E	G	G

APPLE APPETIZERS

Apple Dip

1 8 oz pkg cream cheese
¾ cup brown sugar
¼ cup white sugar

1 tsp vanilla
1 cup chopped peanuts or pecans

Beat until creamy. Refrigerate.
Serve with apple slices – cored – not peeled.

Peanut Butter Apple Dip

1 8 oz pkg softened cream cheese
1 cup brown sugar, packed
3 to 4 apples, cut into wedges

¼ cup milk
1 cup peanut butter

In a mixing bowl, combine the cream cheese, peanut butter, brown sugar & milk. Mix well. Serve with apple slices – cored – not peeled. Store in refrigerator.

SALADS

Old Fashioned Apple Salad

Sauce
½ cup sugar • 1½ cups milk • 2 Tbsp flour
Pinch of salt • 2 Tbsp vinegar

Salad:
Apples, red or golden delicious
1 orange, peeled and diced
1 large banana, diced
1 cup raisins • ½ cup nuts
¼ tsp fresh or grated, dried orange peel
Candied red cherries, optional

Prepare sauce by mixing all ingredients until smooth and cook until thick, stirring continuously. Prepare apples and dice amount desired in a mixing bowl. Add remaining ingredients. Pour part of the sauce over salad and mix. Add more sauce if needed. Chill 2 hours before serving.

Turkey Waldorf Salad

4 cups cooked, diced turkey
3 Red delicious apples, diced - do not peel
1 cup sliced celery

1 cup pecans

Dressing

1 cup mayonnaise
¼ cup sugar
¼ tsp celery salt

1 Tbsp lemon juice
¼ cup evaporated milk
¼ tsp salt

Combine turkey, apples, celery and pecans. To make dressing, mix all ingredients well and add to salad. Mix well and refrigerate.

Apple Crisp Salad

1 3 oz. envelope unflavored gelatin
½ cup cold water
¼ cup lemon juice
½ tsp salt
2 tart apples, diced

1 cup hot apple juice
3 Tbsp honey
½ cup chopped celery
¼ cup chopped nuts

Soften gelatin in cold water; dissolve in hot apple juice. Add lemon juice, honey and salt. Stir until dissolved. Chill until syrupy; fold in remaining ingredients. Turn into 5-cup mold that has been rinsed in cold water. Chill. When firm, unmold on salad greens. Serve with desired dressing. Makes 6 servings.

Spinach Salad with Apples and Pomegranate Seeds

½ cup honey Dijon dressing
½ cup pomegranate seeds
6 cups baby spinach leaves
¼ cup toasted pecans, coarsely chopped

2 apples, coarsely chopped
¼ cup chopped celery

Pour dressing over apples, pomegranate seeds and celery in large bowl and mix lightly. Add spinach and nuts and toss lightly.

MAIN DISHES & SIDE DISHES

Fried Apples

¼ cup solid bacon drippings (strained)
6 tart apples, peeled, cored and cut into eighths
1 tsp lemon juice
⅛ tsp salt
pinch of nutmeg

¼ cup packed light brown sugar
1 tsp ground cinnamon

In a large skillet, melt drippings. Pour apples slices over the bottom of the skillet. Pour lemon juice over apples, add the brown sugar and salt. Cover and cook over low heat for 15 – 30 minutes until tender and juicy. Sprinkle with cinnamon and nutmeg before serving. Serves 6.

Roasted Sausage, Apples, Leeks & Potatoes

2 small crisp red apples
(such as Empire or Braeburn, quartered)
2 leeks (white & light green parts only),
halved crosswise & lengthwise
2 yellow potatoes (about ½ lb total),
cut into ½ inch thick wedges
8 sprigs fresh thyme
Kosher salt & pepper
8 small chicken sausage links (about 1 ½ lb total)

2 Tbsp olive oil

Heat oven to 425 degrees. In a large roasting pan, toss the apples, leeks, potatoes, thyme, oil, ½ tsp salt and ¼ tsp pepper. Roast for 15 minutes. Stir the vegetables and add the sausages to the pan, nestling them among the vegetables. Roast until the sausage is cooked through and the vegetables are tender – 15 to 20 minutes more. Serves 4.

Apple Chops

4 apples, medium
4 boneless, sirloin pork chops
½ inch thick, trimmed of all fat, (approx. 4 oz each)
¼ tsp salt

Cooking oil spray
⅛ tsp pepper

Preheat oven to 350 degrees. Core apples and cut into quarters; cut each quarter into 3 or 4 slices. Coat baking pan with cooking oil spray; place chops in the pan; salt and pepper chops. Place apples around chops; bake 25 minutes. Remove chops from pan to serving plate and surround with the apples. Makes 4 servings.

Apple Sauce

8 tart apples
¾ cup water
½ cup sugar

Dash cinnamon
1 tsp grated lemon peel (optional)
¼ tsp nutmeg

Peel and core apples; slice thin. Add just enough water to prevent scorching. Bring to a boil; lower heat to simmer; cover. Cook about 20 minutes or until apples are soft. Put through a food mill or sieve. Add sugar (amount depends upon tartness of apples) and spices. Stir in lemon peel, if desired.

Grilled Cheese and Apple Sandwich

8 slices 12 grain bread
6 ounces 2% cheddar, shredded (about 1 ½ cups)
1 tart apple, cored and thinly sliced

4 tsp honey mustard

Spread 1 piece of bread with 1 teaspoon honey mustard; then layer ¼ cup grated cheese, 4 apple slices and another heaping tablespoon of cheese. Top with another slice of bread; spritz with nonstick cooking spray.

Heat a small nonstick skillet over medium heat. Place sandwich, cooking spray-side down, in pan and coat top slice of bread with nonstick cooking spray. Press with spatula.

Cook for about 2 to 3 minutes or until golden brown. Flip and cook for another 2 to 3 minutes. Repeat with remaining sandwiches.

Slow-Cooker Bratwurst With Sauerkraut and Apples

8 bratwurst links
1 16 oz pkg sauerkraut, rinsed and drained
2 medium tart apples, peeled, cored, cut into ½ inch dice
1 medium onion, finely chopped
2 Tbsp packed light brown sugar
½ cup mustard

1 Tbsp caraway seeds
8 hot dog buns

Place bratwurst links in slow cooker and top with sauerkraut, apples and onion. Sprinkle with brown sugar and caraway seeds. Cover and cook on low until bratwurst reaches 165 degrees on an instant read thermometer, 3 to 4 hours.

Spread 1 Tbsp mustard on each hot dog bun. Spoon some sauerkraut mixture on buns, top each with a sausage and serve.