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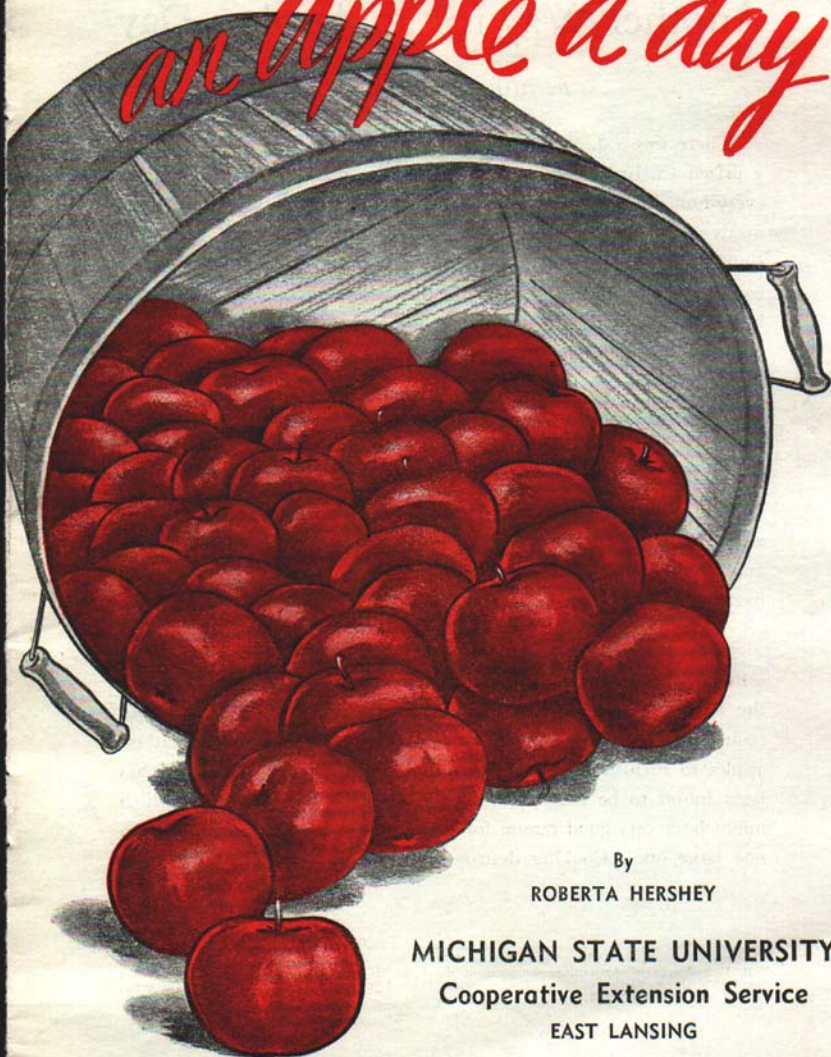
Another Way For An Apple A Day
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ANOTHER WAY FOR

an Apple a day



By

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MICHIGAN STATE UNIVERSITY

Cooperative Extension Service

EAST LANSING

Another Way for an Apple a Day

By *ROBERTA HERSHEY*

There was a day when apples were a luxury, when only one was a prized Christmas gift. Today, apples are a fruit used in almost every home at any season of the year. Apples are served at all three meals and for in-between snacks. They appear as appetizers, main courses, salads, desserts, and even in candy. There are usually countless prize apple recipes in the favorite collections of most homemakers. This leaflet offers a few more to add another way to serve that apple a day.

There is no better reason for eating apples than to enjoy their delicious flavor and crunchiness. But red or yellow, striped or blushed, an apple also adds much to the food value of the day's meals.

Apples supply some vitamin A and varying amounts of ascorbic acid (vitamin C). They also furnish minerals, organic acids, bulk, and pectin, all of which are valuable in promoting good intestinal hygiene.

Some varieties of apples are much richer in vitamin C than others. Among the ones supplying more vitamin C are the Winesap, the Rome Beauty, the Northern Spy, and the Baldwin. It would require about three times as many McIntosh, Delicious, or Jonathon apples to furnish the same amount of this vitamin. The peel has been found to be much richer in vitamin C than the flesh, which might be a very good reason for eating two small apples rather than one large one. Cooking destroys the vitamin to a great extent as

does ordinary storage. However, cold storage at 32° F. prevents great loss for several months. Confirmed "apple munchers" probably receive a considerable amount of vitamin C from apples.

BUYING APPLES

Apples are sold by the unit, by weight, or by the original container. Selling by weight is more satisfactory. Baskets and boxes are marked to show the grade, variety and the diameter of the smallest apples they contain or to show a size range. Some may be packed to contain a certain number of apples to the standard box. For example, medium-sized apples, measuring $2\frac{1}{2}$ to $2\frac{3}{4}$ inches in diameter, pack 113 to 138 to the box. The number in a box, however, may vary from 64 to 216 according to size.

Three apples of medium size weigh about one pound. There are about 40 medium-sized apples in a peck and 150 in a bushel. Medium-sized apples sell for less than large ones and are usually more economical.

Apples are graded as U. S. Fancy, U. S. No. 1, U. S. No. 2, and U. S. Utility. For yellow or green varieties, the first three grades are very similar

For red or striped varieties, the following specifications apply:

U. S. Fancy — Perfect apples; high color.

U. S. No. 1 — Perfect apples; 30 per cent color or better.

U. S. No. 2 — Perfect apples; no color requirement.

U. S. Utility — Defects allowed that do not speed up decay of apples. (This grade is sometimes called "Farmers' Pack" or "Orchard Run".)

In selecting apples, it is useful to be able to recognize the more common commercial varieties and to know what sort of an apple each is. The following table should help.

*WHEN AND HOW TO USE LEADING VARIETIES OF APPLES

VARIETY	COLOR	EATING	BAKING	PIES	SALAD	SAUCE	SEASON
Yellow Transparent	Greenish white to greenish yellow.	Fair to poor	Fair	Good	Fair	Excellent	July and August
Duchess	Red striped. Attractive color effect caused by pale-yellow or greenish yellow skin being almost covered with irregular splotches and stripes of bright red, mottled and shaded with crimson.	Fair to poor	Fair	Good	Fair	Good	July to September
Wealthy	Bright red when fully colored. Marked with splashes and narrow stripes of red over a pale-yellow or greenish skin.	Fair	Fair	Good	Fair	Good	August to November
McIntosh Red	Bright, deep red blush or striped with carmine. Highly colored specimens become dark, almost purplish red over-spread with thin lilac bloom. Round apple.	Excellent	Good	Good	Good	Excellent	September to March
Cortland	Scarlet red striped with yellowish green under color. Open calyx cup. Flat apple.	Excellent	Good	Good	Good	Excellent	September to March
Grimes Golden	Deep, clear yellow with pale yellow or russet dots. Barrel shaped.	Excellent	Fair	Good	Good	Excellent	September to December
Jonathan	Lively deep red. The bright, yellow-colored skin is overlaid with a lively red and is striped with carmine.	Excellent	Excellent	Excellent	Good	Good	September to January
Northern Spy	Bright, striped red. The clear, pale-yellow skin is nearly concealed with bright pinkish red, mottled and splashed with carmine, and over-spread with a thin delicate bloom.	Good	Good	Excellent	Good	Excellent	September to December

VARIETY	COLOR	EATING	BAKING	PIES	SALAD	SAUCE	SEASON
Rhode Island Greening	Greenish until fully ripe. Pink blush. May have waxen finish.	Fair	Good	Excellent	Fair	Excellent	October to January
Red Delicious	Red striped. The yellow-colored skin is covered by a light red and is striped and washed with a dark red.	Excellent	Fair	Fair	Excellent	Good	October to March
Stayman Winesap	Dull, mixed red rather indistinctly striped with dull carmine. Often covered with rather conspicuous light gray or russet dots.	Good	Excellent	Excellent	Good	Excellent	November to February
Baldwin	Bright red. The light-yellow or greenish skin is blushed and mottled with bright red, indistinctly striped with carmine and covered with a scattering of conspicuous gray or whitish dots.	Fair to good	Good	Good	Fair	Good	November to March
Turley Winesap	Bright deep red, indistinctly striped with dark, purplish red over-spread with a faint bloom and marked with small, scattered, whitish dots.	Good	Good	Good	Good	Good	January to June
Wolf River	Large flattened early apple. Red blushed to solid red. Usually large blotch of russetting at stem end.	Poor	Excellent	Fair	Poor	Fair	August to November
Steels' Red	Flattened in shape. Deep blood red with conspicuous, scattered white spots. Firm, juicy, yellowish-white flesh. Best after December.	Excellent	Good	Good	Excellent	Good	October to March
Snow	Red striped. Light, bright red deepening to almost purplish black when well colored.	Excellent	Poor	Poor	Fair	Good	September to November
Wagener	Bright, light red with some contrasting yellow. The skin is bright, pinkish red striped with bright carmine over a clear, pale-yellow background.	Good	Good	Good	Good	Good	October to January

* Adapted from charts published by the National Apple Institute and "A Fruit and Vegetable Buying Guide for Consumers", Misc. Publication 167, U.S.D.A.

RECIPES

APPLE SAUCE IN SECTIONS

(Use varieties suitable for baking)

Wash apples. Peel and remove cores and cut into sections. Make a light sirup, using 3 times as much water as sugar. Drop apple sections into hot sirup. Cover and cook rapidly until apples are tender. A few slices of lemon make an interesting addition.

Flavor and color are considered better by many when apples are peeled before making sauce. Long, slow cooking destroys the delicate apple flavor and may darken the sauce.

STRAINED APPLESAUCE

Wash apples. Slice into $\frac{1}{8}$ to $\frac{1}{4}$ inch slices. Place in a tightly covered pan with a small amount of boiling water. (About 1 tablespoon per apple. More may be added later for some varieties.) Cook as rapidly as possible until tender, stirring occasionally. Strain, and add sugar — about two teaspoons per apple is usually enough. Too much sugar masks the apple flavor. Spices may be added if desired, but they, too, tend to cover up the original flavor. Whole spice added at the beginning of cooking will result in sauce of better color than that made with ground spice added at the end.

APPLE CRUMBLE

$\frac{1}{4}$ cup melted butter	$\frac{1}{2}$ cup brown sugar
1 cup toasted bread crumbs	$\frac{1}{2}$ cup dry milk solids
3 cups thinly sliced apples	1 teaspoon cinnamon
$\frac{1}{2}$ cup water (or more depending on apples)	$\frac{1}{2}$ teaspoon nutmeg
	$\frac{1}{2}$ teaspoon salt

Toss crumbs, sugar, spices, salt and dry milk solids with melted butter. Arrange layers of sliced apples and crumbs in a greased baking dish. Finish with layer of crumbs. Pour water over the top. Cover and bake at 350° for 30 minutes. Remove cover and brown.

APPLE RINGS

Cook together 1 cup of water, 1 cup of sugar, and one-eighth teaspoon of salt for about 10 minutes and add 2 tablespoons of butter. Wash, core, and pare four large, tart, firm apples, and cut crosswise into three or four thick slices. Place the apple rings in a single layer in a buttered, shallow pan. Pour the hot sirup over the apple rings, cover, and cook slowly in a moderate oven (350° F.) until tender. Remove the cover from the pan, continue to cook until the sirup becomes thick and slightly browned, and turn the apples occasionally. Serve the glazed apple rings hot with the main course of a meal or chill them and serve as a relish with cold cuts of meat or with cheese.

GLAZED APPLES

(Takes less time and heat than baking)

Choose a variety of apple that holds its shape well. Scrub and remove cores. Cut a slit in the skin all the way around the apple at right angles to the core to prevent the skin from bursting during cooking. Place apples in a saucepan. Make a mixture of spice and sugar using about a teaspoon of allspice or cinnamon to each half cup of sugar. Put the sugar and spice mixture in the holes left by removing the cores. Add a fourth cup of water for each apple in the pan. Cover the pan and cook on top of the stove over low heat. Turn apples once during cooking. Cook until apples are tender — usually from 7 to 15 minutes. The last minute before the apples are done, remove the cover. Take care not to overcook, for, once tender, apples cook to mush quickly.

SPICED APPLES

4 cups sugar	2 oranges
1½ quarts water	1 lemon
2 teaspoons cinnamon	8 tart apples

Boil water, sugar, cinnamon, and rinds of orange and lemon (cut fine) together for 30 minutes. Then add lemon and orange juice. Pare and quarter apples, and cook slowly in the sirup until a golden color. Let apples cool in the sirup. Serve as a meat garnish.

PARTY BAKED APPLES

½ cup dark corn sirup	2 tablespoons sugar
½ cup water	4 large baking apples
¼ teaspoon cinnamon	1 egg white
1 teaspoon grated lemon rind	2 tablespoons sugar
1 tablespoon butter	

Combine first six ingredients. Then bring to a boil. Remove from heat. Core apples; pare upper half. Place in a baking dish. Pour hot sirup mixture over apples. Bake in moderate oven (350° F.) about 1 hour or until tender, basting frequently. Remove from oven. Beat egg white until foamy; gradually beat in sugar. Top each apple with meringue. If desired, insert blanched shredded almonds in meringue and dot with chopped, drained maraschino cherries. Return to oven and bake 15 minutes longer.

FRIED APPLES AND BACON

Pare tart apples, and cut into cubes to make about 2 quarts. Fry bacon in a heavy skillet and when crisp, drain on absorbent paper,

and keep in a warm place. Leave about 4 tablespoons of bacon fat in the skillet, fill it with the apples, sprinkle on one-fourth cup of sugar, cover, and cook slowly until the apples are tender. Then remove the cover, turn the apples gently so the pieces will keep their shape, and let them brown and become transparent. Serve on a hot platter with the bacon. If desired, use thin slices of ham, salt pork, or sausage.

APPLE FRITTERS

3 medium-sized tart apples	2/3 cup milk
1 cup sifted flour	1 egg, well beaten
2 teaspoons baking powder	Fat for frying
1/4 teaspoon salt	Powdered sugar

Pare, core, and cut the apples in crosswise slices about one-quarter inch thick. Sift the dry ingredients. Add the milk to the well-beaten egg, then pour slowly into the dry mixture, and stir until smooth. Heat fat to about 375° F., or until an inch cube of bread will brown in 1 minute. Dip the apple rings into the batter, drain, and place slowly into the hot fat without spattering. Cook from 3 to 5 minutes or until apples are tender and the fritter a golden brown. Drain on absorbent paper, sprinkle with powdered sugar and cinnamon and serve hot.

APPLE AND CABBAGE SALAD

Dice tart red-skinned 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 cabbage leaves.

APPLE STUFFING

5 tart apples, diced	1/4 cup chopped parsley
1/4 cup diced salt pork	1/2 cup sugar
1/2 cup chopped celery	2 cups fine dry bread crumbs
1/2 cup chopped onion	

Fry the salt pork until crisp, and remove the pieces from the skillet. Cook the celery, onion, and parsley in the fat for a few minutes and remove them. Put the apples into the skillet, sprinkle with the sugar, cover, and cook until tender, then remove the lid and continue to cook until the juice evaporates and the pieces of apples are candied. Add the other ingredients to the apples. Pile the hot stuffing between pairs of spareribs, skewer them together, and bake. Or use in stuffing boned shoulder of fresh pork or roast duck.

APPLE CHUTNEY

3 quarts sliced apples	2 pounds sultana raisins
3 lemons, sliced and seeded	1 tablespoon ground ginger
2 chili peppers, with seeds removed	1 teaspoon paprika
1 quart brown sugar	1 teaspoon salt
1 quart cider vinegar	1 onion, chopped
1 quart dates, stoned and chopped	2 cloves garlic
1 pint tarragon vinegar	

Chop the apples with the lemons as the acid will help to keep the apples from turning dark. Mix all the ingredients. Boil gently until the apples are soft and stir the mixture occasionally with a fork. Pack while hot in sterilized jars, partially sealed, and process for 30 minutes in a boiling water bath. Complete seals and store in a cool place.

APPLE PUNCH

1 quart apple juice	Juice of 1 lemon
1 cup pineapple juice	$\frac{1}{2}$ cup sugar
4 or 5 sprays crushed mint	

Combine ingredients. Chill thoroughly and serve with ice. Garnish with sprig of mint.

HOT SPICED CIDER

1 quart cider	2 sticks cinnamon (broken)
$\frac{1}{4}$ cup sugar	12 whole cloves
$\frac{1}{4}$ teaspoon salt	8 whole allspice

Heat to boiling and let stand overnight. Reheat, remove spices and serve hot.

APPLE SHERBET

$\frac{3}{4}$ cup sugar	2 egg whites
$\frac{1}{3}$ cup water	$2\frac{1}{2}$ cups apple sauce
1 tablespoon corn sirup	1 tablespoon lemon juice
Few grains salt	1 teaspoon vanilla

Combine sugar, water, corn sirup, and salt in a saucepan and boil until sirup will spin a thread. Beat the egg whites until stiff, pour the sirup into them beating all the time. Fold the apple sauce, lemon juice and vanilla into the egg white mixture. Pour into freezing tray and freeze quickly to a mushy stage. Remove from refrigerator and beat until smooth. Return to refrigerator and finish freezing. Serves 6 to 8.

FROZEN APPLE SAUCE

1 quart apple sauce	1 cup crushed pineapple
2 tablespoons finely cut candied ginger	

Mix thoroughly and freeze in refrigerator tray. Makes an excellent dessert. May be served as a relish.

DUTCH APPLE PIE

Plain pastry for 1 crust	$\frac{1}{4}$ teaspoon cloves
6 medium-sized apples	1 cup sour cream
3 tablespoons flour	$\frac{1}{2}$ teaspoon cinnamon
1 cup sugar	$1\frac{1}{2}$ tablespoons sugar

Roll out crust to about $\frac{1}{8}$ -inch thickness and line pie pan. Flute edges. Pare, core, and slice apples medium-thin; fill pastry shell. Mix flour, sugar, and cloves together. Add sour cream and mix thoroughly. Pour over apples. Sprinkle cinnamon and $1\frac{1}{2}$ tablespoons sugar over top. Bake in a hot oven 10 minutes (450°), then reduce heat to 350° F., and finish baking (about 40 minutes). Serve warm or chilled.

APPLE SAUCE CAKE

$\frac{1}{2}$ cup fat	$2\frac{1}{2}$ cups sifted flour
1 cup sugar	$\frac{1}{2}$ teaspoon cloves
1 cup unsweetened, thick, smooth applesauce	$\frac{1}{4}$ teaspoon cinnamon
1 teaspoon soda	$\frac{1}{4}$ teaspoon nutmeg
1 cup chopped raisins	$\frac{1}{2}$ teaspoon salt

Cream the fat and sugar together, add the applesauce. Mix the raisins with one-half cup of the flour, sift the rest with the spices, soda, and salt, and add the dry ingredients to the liquid mixture. Beat well, pour into a greased pan, and bake in a slow oven (300° to 325° F.) for about 1 hour.

APPLE SAUCE COOKIES

2 cups flour	1 cup chopped nuts
$\frac{1}{2}$ teaspoon cinnamon	$\frac{1}{2}$ cup shortening
$\frac{1}{2}$ teaspoon nutmeg	1 cup sugar
$\frac{1}{2}$ teaspoon cloves	1 cup applesauce
$\frac{1}{2}$ teaspoon salt	1 teaspoon soda
1 cup chopped raisins	1 beaten egg

Sift flour, measure, add salt and spices; sift again, add chopped nuts and raisins. Cream shortening, add sugar gradually and continue to beat until light. Stir soda with applesauce, add well-beaten egg; combine with creamed mixture. Add flour with nuts and raisins; mix well. Drop by teaspoonsfuls onto greased baking sheet. Bake in moderate oven (375° F.) 15 to 20 minutes. (Makes about 4 dozen cookies.)

APPLE UPSIDE-DOWN CAKE

$\frac{1}{4}$ cup butter or other fat	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup milk
1 egg	2 to 4 firm-fleshed apples
1 teaspoon vanilla	2 teaspoons cinnamon mixed with
$1\frac{1}{2}$ cups sifted flour	$\frac{1}{4}$ cup sugar
$\frac{2}{3}$ teaspoons baking powder	

Cream the fat, add the sugar, well-beaten egg, and vanilla. Sift the dry ingredients together and add alternately with the milk to the

first mixture. Spread a thick coating of fat on the bottom and sides of a glass baking dish or a very heavy pan. Pare, quarter, and slice the apples thin, spread in an overlapping layer on the bottom of the baking dish, and sprinkle with the cinnamon and sugar. Pour the cake mixture over the apples. The batter is rather thick and may need to be smoothed on top with a knife. Bake in a slow oven (300° to 325° F.) for 45 minutes. Loosen the sides of the cake, turn it out carefully, upside down, and the top will be covered with a neat layer of transparent apples. Serve hot with hard sauce or whipped cream.

APPLE COFFEE CAKE

2 cups flour	4 tablespoons melted shortening
2 teaspoons baking powder	2 cups peeled sliced apples
½ cup sugar	2 tablespoons sugar
¼ teaspoon salt	1 teaspoon cinnamon
1 egg	1 tablespoon butter
1 cup milk	

Sift flour, then measure. Add baking powder, sugar, and salt. Sift into mixing bowl. Beat egg, add milk and melted shortening. Then add egg mixture to dry ingredients and mix thoroughly. Pour into 9 x 9-inch lightly greased pan.

Peel and slice apples. Arrange in rows on top and press lightly into dough. Combine the sugar and cinnamon and sprinkle over the top. Dot with butter. Bake at 375° for 35 to 40 minutes.

SPICY APPLE TORTE

1 cup sifted enriched flour	½ cup shortening (at room temperature)
½ teaspoon soda	1 cup brown sugar
1 teaspoon baking powder	1 egg
½ teaspoon salt	1 cup thick, sweetened applesauce
1 teaspoon cinnamon	1 cup rolled oats
½ teaspoon cloves	½ cup raisins

Sift together flour, soda, baking powder, salt and spices into bowl. Add shortening, sugar, egg and one-half cup of the applesauce. Beat until smooth, about 2 minutes.

Fold in remaining applesauce, the rolled oats and raisins. Bake in a greased 7 x 11-inch pan in a moderate oven (350° F.) 35 to 40 minutes. Serve warm with hard sauce or cream.

GLAZED APPLE DUMPLINGS

6 small apples	½ cup sugar
2 cups sifted all-purpose flour	6 tablespoons raisins
2 teaspoons baking powder	¼ teaspoon salt
½ teaspoon salt	1 teaspoon cinnamon
4 tablespoons shortening	1 cup light brown sugar
2/3 cup milk (approximately)	¾ cup water
2 tablespoons melted table fat	1 tablespoon table fat
2 tablespoons lemon juice	½ teaspoon vanilla

Peel and core apples. Sift flour, baking powder, and salt together. Cut in 4 tablespoons shortening. Stir in milk quickly to make a dough stiff enough to handle. Turn onto a lightly floured board. Roll in

rectangle about $\frac{1}{8}$ inch thick. Cut in six squares. Place an apple in center of each square. Combine 2 tablespoons melted fat, lemon juice, sugar, raisins, salt, and cinnamon. Fill centers of apples with this mixture. Fold corners of dough to center of apple. Pinch edges of dough together. Place in a greased pan, about 7 x 12 x 2 inches. Heat brown sugar, water, and 1 tablespoon fat together until sugar is dissolved. Add vanilla. Pour over apples. Bake at 400° F. (moderately hot oven) about 35 to 40 minutes. Baste occasionally with sirup during baking. Serve warm with cream or whipped cream.

APPLE ROLL

6 apples	$\frac{1}{4}$ cup brown sugar
Short biscuit dough	3 tablespoons butter

Pare, core, and cut apples into small slices. Roll dough to less than $\frac{1}{2}$ inch thickness. Spread apples on evenly, sprinkle with brown sugar, dot with butter. Roll in jelly-roll fashion and slice. Bake in moderate oven for 30 minutes. Serve with cream.

APPLE RASPBERRY FLUFF

1 package raspberry gelatin	1 cup grated apple (2 medium apples)
1 cup boiling water	2 tablespoons lemon juice
1 cup cold water	

Dissolve gelatin in boiling water, add cold water and chill to consistency of thick sirup. Place bowl of gelatin in ice water or cracked ice and whip with rotary beater until thick and fluffy. Fold in apples which have been combined with lemon juice. Chill until slightly thickened. Garnish with red apple strips.

APPLE CANDY

2 tablespoons gelatin	2 cups white sugar
$\frac{1}{2}$ cup cold water	1 tablespoon lemon juice
$\frac{2}{3}$ cups unsweetened apple pulp	1 cup chopped nuts or raisins
Few grains salt	

Peel and cut apples into small pieces. Put into a saucepan with one-half cupful of water and cook until tender. Then force through a sieve. Add sugar and cook until thick (about 25 minutes). Add gelatin (which has been soaked in one-half cupful cold water about 5 minutes), and stir until dissolved. Cool slightly by placing the pan containing the mixture in cold water. Then add nuts, salt, and lemon juice, stirring well. Pour into a flat buttered pan, and allow it to remain in a cold place over night. Remove from pan, cut in cubes and roll in powdered sugar.

Instead of the lemon juice, orange, rose, lemon, cinnamon, or clove extracts may be used, and the apple mixture may be tinted with pink coloring.

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