

Apple Secrets

1931



THIS booklet is presented to the users of O K Apples with the compliments of 2,000 co-operative fruit growers, known as the Associated Growers of British Columbia Limited. It is their hope that the information contained herein will prove of value to you and assist you in becoming better acquainted with O K Apples.



Further copies of this booklet may be had from the

**ASSOCIATED GROWERS
OF BRITISH COLUMBIA LTD.**

VERNON, B. C.



Apple Secrets

Apples for health and thrift — How to serve this least expensive of all health foods.

ASSOCIATED GROWERS OF BRITISH COLUMBIA LTD.

Apple Recipes Compiled By
ALICE STEVENS, B.Sc. (H. E.)
Editor, Women's Section,
Country Life in British Columbia
(Official Organ of the British Columbia
Fruit Growers' Association.)





SURROUNDED by the famous apple orchards of British Columbia, the packing houses form the busiest and most interesting spots during the harvesting of the crop. The object of growers in being members of the "Associated Growers" is that they might study and plan to produce the finest fruit possible, to pack it under rigid inspection, and to get it to

your favorite merchant's store in the most perfect condition and at reasonable prices.

The growers pick the fruit with every care, bring it to the packing houses next door to their orchards, and the most up-to-date grading machinery and expert workers sort and pack the apples into the boxes your merchant sends you. O K Apples are known for their delicious flavor, their keeping qualities and their ability to make up well in your favorite recipes. See the table on Page 16.

How to Keep Healthy with O K Apples

Let your medicine chest come from your favorite grocer, bearing the O K label, and eat at least three apples a day!

An O K Apple is the most convenient and hygienic form of food. There are O K varieties to be had at all seasons of the year. Their food values are not impaired by cooking, and there is no end to the wonderfully health-giving dishes that can be prepared with them.

Canadian housewives are using oranges and other citrus fruits in their diets in many places where apples could be used to better advantage, since apples can be served in greater variety and at a lower cost.

In several instances apples are higher in food value. One pound of apples yields 290 calories, while one pound of oranges yields only 230 calories. A study of the following figures will show the food value contained in apples:

Foodstuff	
Carbohydrates	22.58
Fat79
Protein64
Calcium022
Phosphorus05
Iron0005
Vitamin "A"	+
Vitamin "B"	+
Vitamin "C"	++



APPLE SECRETS



General Rules for the Cookery of Apples

1. In the cookery of apples, the natural flavor of the apples should be developed. This means that very few spices and flavorings should be used. If this is done, you are not so apt to tire of apples.

2. Sugar toughens the cellulose of apples. If you wish the apples to keep their shape, prepare a syrup by boiling sugar and water, and cook the apples in this syrup. If you want the apples to break down, cook the apples with water until soft, then add the sugar. The second method requires less sugar.

3. Whenever possible, cook the apples without peeling. The skin contains cellulose which is a valuable laxative.

4. Bake apples in a moderate oven.

5. When peeling apples, keep them covered so that they are not exposed to the air. This exposure causes the apples to discolor. The apples may be put in a covered container or put in cold water or covered with dressing, as in the case of salads.

APPLE SECRETS

BEVERAGES

Apple Cider

Grind fresh O K Apples through a kitchen food chopper. Place the pulp in a bowl lined with sugar or flour sacking. When the grinding is complete, raise the cloth and pulp from the bowl. Squeeze the pulp by hand or use a small kitchen press. Place in a cold location for a few hours, so that the finely-divided pulp will settle. Pour off the sparkling cider, and it is then ready for use.

Apple Tea

Roast very tart O K Apples. Pour boiling water over them. Let stand until the water is cold. Sweeten to taste.

Apple Water

Peel and core three large juicy O K Apples. Slice them into a pitcher. Pour one pint of boiling water over this. Let stand for four hours, covered tightly. Strain and sweeten to taste.

DESSERTS

Apple Crumb Pudding

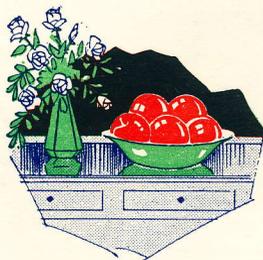
8 to 10 O K Apples
¼ cup sugar
Cinnamon

¼ cup butter
¾ cup brown sugar
⅓ cup flour

Peel the apples and slice into thin slices. Pile into a buttered baking dish and continue until the dish is almost full. Sprinkle with the ¼-cup sugar (white or brown) and the cinnamon. Prepare the crumbs for the top by creaming together the butter, brown sugar and flour. When



APPLE SECRETS



this mixture is worked together so that it resembles fine bread crumbs, pat it on top of the apples. Bake about 20 minutes or until the apples are soft and the top is a golden brown.

Apple Custard

4 O K Apples
2 tablespoons butter
2 tablespoons sugar

Peel, core and cut the apples in thin slices. Melt the butter in a pan. Add the apples and sugar. Cook ten minutes, being careful not to break the apples. Place the apples in a baking dish and add the following mixture:

2 eggs
2 egg yolks
¼ cup sugar

1½ cups milk
½ teaspoon vanilla

Beat the eggs slightly and combine the other ingredients for the custard. Strain the mixture over the apples and bake.

Apple Hedgehog

Place raspberry jam or fresh raspberries in a dish. Add a thick layer of cooked O K Apples. Top this with a meringue. Blanch almonds and cut in thin slices. Stick these blanched almonds in the meringue to represent a hedgehog. Bake until brown.

Apple Sago Pudding

6 O K Apples
½ cup sago
3 cups milk

½ cup sugar
¼ teaspoon salt

Wash, peel, core and slice the apples. Put in a baking dish. Add the sago, milk, sugar and salt. Let stand fifteen minutes to allow the sago to soak in the milk. Bake in a slow oven until the apples are soft and the sago swelled.

APPLE SECRETS

Apple Tapioca Pudding

7 O K Apples
¾ cup tapioca
Cold water to cover tapioca

2½ cups boiling water
½ teaspoon salt
½ cup sugar

Soak the tapioca in the cold water for one hour. Add the boiling water and salt. Cook in a double boiler until the tapioca is transparent. Peel and core the apples. Put in a baking dish. Fill the holes with sugar. Pour the tapioca over the apples. Bake in a moderate oven until apples are soft.

O K Apple Pudding

1 cup flour
2 teaspoons baking powder
¼ teaspoon salt
¾ cup sugar
1 egg

½ cup milk
1½ cups sliced O K Apples
2 teaspoons cinnamon
3 tablespoons butter
½ cup brown sugar

Mix the flour, baking powder, salt, sugar, egg and milk, and beat for two minutes. Pour into a shallow pan. Top with apples and sprinkle with one teaspoon cinnamon. Mix butter and brown sugar and spread on top. Sprinkle with the rest of the cinnamon. Bake in a moderate oven 25 minutes. Serve warm, with plain or whipped cream or with any sauce preferred.

Scalloped Apples

Cut one small stale loaf in two. Remove soft parts and crumb fairly fine. Melt ¼ cup butter and stir in the crumbs lightly with a fork. Cover the bottom of a buttered baking dish with the crumbs. Spread with a thick layer of O K Apples, cut in thin slices. Sprinkle with sugar and a dash of nutmeg or cinnamon. Repeat, covering the top with bread crumbs. Bake in a moderate oven for 40 minutes. Cover at first to prevent the crumbs burning. Serve with sugar and cream.



FLOUR MIXTURES



Applesauce Cake No. 1

- 1 cup brown sugar
- ½ cup shortening (butter and lard)
- 1 or 2 eggs
- 2 teaspoons cocoa
- ½ teaspoon cinnamon
- 1 teaspoon allspice
- 1 cup cold unsweetened applesauce
- ½ teaspoon soda
- 1 teaspoon baking powder
- 2½ cups flour
- Raisins, nuts or preserved ginger, if desired

Cream the butter and sugar together. Add the eggs and cream all three. Mix and sift the dry ingredients and add the fruit to the dry ingredients. Add the dry ingredients with the cold applesauce, which was made from O K Apples. Bake for thirty minutes in a moderate oven.

Applesauce Cake No. 2

- | | |
|---|----------------------------|
| 2 eggs | 1 teaspoon soda |
| 1 cup sugar | 1 teaspoon cinnamon |
| ¾ cup shortening (half butter and lard) | ¼ teaspoon cloves |
| ½ cup sour milk | ½ teaspoon nutmeg |
| 1 cup applesauce | 1 cup raisins and currants |
| | 2 cups flour |

Make the applesauce, using O K Apples. Combine the first three ingredients. Mix the spices with the flour and fruit. Dissolve the soda in the sour milk and applesauce. Add alternately with the dry ingredients. Put in pan and sprinkle sugar on top of the cake before putting in the oven. This takes the place of icing on this cake. Bake 40 minutes in a moderate oven.

Apple Dumplings

- | | |
|---------------------|---------------------------|
| 6 O K Apples | 4 teaspoons baking powder |
| 6 tablespoons sugar | ½ teaspoon salt |
| Nutmeg or cinnamon | ¼ cup fat |
| 2 cups flour | ¾ cup milk |

Mix and sift the flour, baking powder and salt. Rub in the shortening. Add the milk. Roll out the dough like biscuit dough, making six thin sheets.

In the centre of each piece of dough place an O K Apple which has been peeled and cored. Fill the centre hole with sugar and sprinkle with spice. Draw the dough up around the apple and moisten the edges of the dough. Press them into place. Bake or steam the dumplings until the apples are tender.

Apple Fritters

- | | |
|----------------------------|-----------------|
| 2 O K Apples | ¼ teaspoon salt |
| 1 cup flour | ⅓ cup milk |
| 1½ teaspoons baking powder | 1 egg |
| 3 tablespoons sugar | |

Mix and sift the flour, baking powder, sugar and salt. Beat the egg and add the milk to the egg. Add the wet ingredients to the dry ingredients. Peel, core and cut the O K Apples into small pieces. Add to the batter and drop by spoonfuls into boiling fat. Fry until delicately brown. Drain on brown paper and sprinkle with sugar.

Dutch Apple Cake

- | | |
|---------------------|---------------------------|
| 2 to 3 O K Apples | 4 teaspoons baking powder |
| ¼ cup sugar | 3 tablespoons shortening |
| 1 tablespoon butter | ½ teaspoon salt |
| Cinnamon or nutmeg | ⅓ cup milk |
| 2 cups flour | |

Mix and sift the flour, baking powder and salt. Rub in the shortening. Add the milk. Roll out this biscuit dough,



APPLE SECRETS

having it from $\frac{1}{2}$ to $\frac{3}{8}$ inch thickness. Peel and core the apples. Cut them in thin slices. Press into one dough. Sprinkle with sugar and spice. Dot with butter. Bake.

MISCELLANEOUS

Apple Chutney

2 pounds tart O K Apples	1 tablespoon chopped red peppers
$\frac{1}{4}$ pound seedless raisins	2 ounces mustard seed
$\frac{1}{2}$ cup chopped onions	$\frac{1}{2}$ cup sugar
$\frac{1}{4}$ pound salt	2 cups vinegar

Peel and chop the apples. Add the other ingredients. Cook slowly until the apples are soft. Beat the mixture until smooth. Put in hot sterilized jars and seal.

Apple Rings

Wash and core O K Apples, but do not peel. Cut in half-inch slices. Heat frying pan and add fat, such as lard, butter, or drippings from a roast of beef or pork. Fry the apple rings in this fat. Sprinkle with salt and sugar. Turn and brown on both sides. Attempt frying only one layer of rings at a time. Serve with roast pork or sausages.

Apple Syrup for Hot Cakes

Wash and stem nice red O K Apples (McIntoshes are good). Put on to boil slowly, using as little water as possible. When thoroughly cooked, let drain through jelly bag. Return the juice to kettle and boil quickly until condensed to a thin syrup consistency or until a light skim of jelly forms on top. Skim this off and add very gradually sufficient sugar to suit taste. Do not let

APPLE SECRETS

the syrup boil after adding this sugar. This prevents the syrup becoming jelly. Dissolve the sugar by stirring. Put in hot sterilized jars as for preserved fruit.

Apple Taffy

Cook O K Apples in a medium syrup until the apples are just ready to break. Strain off this clear juice. To half a cup of this juice add 2 cups sugar and $\frac{1}{2}$ tablespoon vinegar. Put the ingredients in a saucepan and boil to the "crack" stage when tested in cold water. Turn on a buttered pan and when cool enough to handle, pull until white and glossy. Cut in pieces with scissors or a sharp knife.

Mince Meat for Mince Pies

2 pounds lean beef	1 teaspoon cinnamon
1 pound beef suet	1 teaspoon cloves
$1\frac{1}{2}$ pounds brown sugar	1 teaspoon nutmeg
3 pounds mixed peel	1 teaspoon mace
2 pounds currants	1 teaspoon allspice
2 pounds seeded raisins	1 teaspoon salt
8 pounds O K Apples	1 cup black molasses

Cook the meat and put through the grinder. Put the suet through the grinder. Chop the apples. Add the peel, cut fine. Add the sugar, spices, raisins, currants, and molasses. Return to the stock that the meat was boiled in. Boil 20 minutes, stirring all the time. Add three pints Okanagan Apple Cider. Put in crock. This mince meat will keep indefinitely.

O K Apple Pickles

$1\frac{1}{2}$ dozen O K Apples	6 cups brown sugar
24 large green tomatoes	2 ounces mustard
$\frac{1}{4}$ pound salt	2 tablespoons ground ginger
4 green peppers	4 cups vinegar
1 red pepper	6 large onions

Peel and cut the apples into quarters. Cut the tomatoes into slices. Cut the onions and peppers into small pieces. Add the sugar, vinegar, and spices. Boil $1\frac{1}{2}$ hours.



APPLE SECRETS

SALADS



Apple and Cheese Salad

6 O K Apples
8 to 10 radishes
Lettuce
 $\frac{1}{2}$ cup celery
 $\frac{1}{4}$ to $\frac{1}{2}$ cup cottage cheese
Dressing

Peel and chop the apples. Add dressing. Add the celery and radishes, which have been cut in small pieces. Place these on a bed of lettuce. Garnish with cottage cheese, which has been mixed with salad dressing.

Apples and Dates Salad

6 to 8 O K Apples
 $\frac{1}{2}$ cup dates
 $\frac{1}{2}$ cup celery
Dressing

Peel and slice the apples. Add dressing. Add the dates, which have been cut into small pieces. Add the chopped celery. Place on a lettuce leaf. A sprinkle of cayenne pepper makes an attractive garnish.

Waldorf Salad

6 to 8 O K Apples
1 cup celery
 $\frac{1}{8}$ cup walnuts
Salad dressing

Peel and cut the apples in thin slices. Cover with dressing to prevent discoloration. Add the diced celery. Put on a lettuce leaf. Garnish with broken walnuts.

NOTE.—This salad is very attractive if served in an Apple Cup. Select an O K apple with a red skin. Cut a slice off the top. Take out the core and then remove the apple. Mix this apple with the celery and dressing. Return to the Apple Cup. Serve the cup on a lettuce leaf and garnish with walnuts.

APPLE SECRETS

Beet and Apple Salad

6 to 8 O K Apples
3 to 4 beets
Lettuce
Parsley
Walnuts
Dressing

Peel and chop the apples. Add the dressing. Add the chopped beets. Add walnuts. Place the salad on a bed of lettuce. Garnish with parsley.

SUPPER DISHES

Apple Compote

8 to 10 O K Apples
 $\frac{3}{4}$ cup sugar
1 cup water

Make a syrup by boiling the sugar and water. Wash, peel, core and quarter the apples. Add the apples to the syrup and cover tightly. Cook until the apples are clear but do not allow them to get broken by overcooking.

NOTE.—Whole Apple Compote is made by following the same recipe, except that the apples are not cut into quarters. Wash, peel and core the apples and cook in the syrup.

Apple Compote and Rice

$\frac{1}{4}$ cup rice
2 to 3 cups water
 $\frac{1}{4}$ teaspoon salt
8 O K Apples
 $\frac{3}{4}$ cup sugar
1 cup water

Add the salt to the boiling water. Add the rice slowly and cook over the direct heat for a few minutes. Complete the cookery of the first three ingredients in a double boiler. Put the cooked rice into individual moulds to cool.

Make a syrup with the sugar and water. Add the O K Apples, which have been cored, peeled and cut in quarters. Cook the apples until clear, in a covered saucepan. Turn the moulded rice into a serving dish and surround with the apples.



APPLE SECRETS



Apple Porcupine

8 to 10 O K Apples
 $\frac{3}{4}$ cup sugar
1 cup water
2 tablespoons almonds

Make a syrup with the sugar and water. Wash, peel, and core the apples. Add the whole apples to the syrup. Cover tightly. Cook until clear. Re-

move the apples to a serving dish. Pour the syrup over the apples. Blanch shelled almonds and cut in thin slices. Stick the almonds in the apple to represent the quills of the porcupine.

Applesauce

8 to 10 O K Apples
 $\frac{3}{4}$ cup water
 $\frac{1}{2}$ to $\frac{1}{2}$ cup sugar

Wash, peel, core and quarter the apples. Add water, and cook until the apples are soft. Add the sugar and cook until the sugar is thoroughly blended with the apples. Beat well with a fork to ensure a smooth applesauce.

NOTE.—This second method saves the time spent in peeling the apples. Wash, core and quarter the apples, but do not peel. Cook with the water until soft. Press through a coarse sieve to remove the skin. Add the sugar, and complete the cookery.

Baked Apples

8 O K Apples
 $\frac{1}{2}$ cup sugar
1 tablespoon butter
About $\frac{1}{2}$ cup water

Select apples of uniform size. Wash and core and remove one slice of peeling around the middle of the

APPLE SECRETS

apple. Set the apples in place in the baking dish. Fill the hole with sugar. Add a dot of butter. A little spice may be added if desired. Surround the apples with boiling water. Bake in a moderate oven, basting frequently.

Blushing Apples

8 to 10 O K Apples
 $\frac{3}{4}$ cup sugar
1 cup water

Make a syrup by boiling the sugar and water. Select red apples. Wash and core, but do not peel. Add enough apples to cover the bottom of the saucepan. Cover with a tight-fitting lid. Cook slowly and turn the apples occasionally. Watch carefully so that the apples do not get overcooked. Remove the apples to a serving dish. Add the remainder of the apples to the syrup and cook in the same way. Pour the syrup over the apples. It will have taken up some of the pink color of the apple skins. The peelings may be removed, if desired.

Stuffed Baked Apples

Choose eight red O K Apples. (Wagners are delicious.) See that the apples are of uniform size. Without breaking through the skin, scoop out the core from the stem end, leaving a cavity in apple. Fill the cavity with raisins and broken walnut meats.

Pour over the apples one cup sugar and add one cup water to the pan. Bake slowly in the oven, so that the apples will stay whole. When the apples are cooked, remove them from the pan. Return the pan with the syrup to the top of the stove. Boil down to a light jelly. With a spoon, place it over the top of the apples. These apples may be served hot or cold.



APPLE SECRETS

Variety, Season and Uses of O K Apples

Variety	Eating Quality	Cooking Quality	Best Time to Use
Ben Davis.....	Poor	Fair	Jan. 1 to Mar. 31
Delicious.....	Excellent	Fair	Nov. 1 to Mar. 31
Duchess.....	Good	Excellent	Aug. 1 to Sept. 15
Gano.....	Poor	Fair	Jan. 1 to Mar. 31
Gravenstein.....	Good	Excellent	Sept. 1 to Oct. 30
Grimes Golden.....	Excellent	Good	Nov. 15 to Jan. 31
Jeffries.....	Fair	Good	Sept. 1 to Oct. 30
Jonathan.....	Excellent	Good	Oct. 15 to Dec. 31
McIntosh.....	Excellent	Excellent	Sept. 25 to Mar. 31
Rome Beauty.....	Good	Excellent	Dec. 1 to Mar. 31
Spitzenberg.....	Excellent	Excellent	Dec. 15 to Mar. 31
Spy.....	Excellent	Excellent	Nov. 15 to Jan. 31
Stayman.....	Excellent	Good	Nov. 15 to Jan. 31
Wagener.....	Excellent	Excellent	Nov. 15 to Jan. 31
Wealthy.....	Excellent	Excellent	Sept. 1 to Oct. 31
Winesap.....	Excellent	Fair	Jan. 1 to Apr. 30
Winter Banana.....	Fair	Good	Nov. 15 to Jan. 31
Yellow Newt'wn.....	Excellent	Excellent	Jan. 1 to Apr. 30
Yellow Transp't.....	Excellent	Good	July to Aug. 15

We are always glad to send apple information to any interested, particularly mothers, teachers and store clerks. Address your letter to



**Associated Growers of
British Columbia Ltd.
Vernon, B. C.**

Table of Contents

Beverages

Apple Cider	5	Apple Water	5
Apple Tea	5		

Desserts

Apple Crumb Pudding ..	5	Apple Tapioca Pudding	7
Apple Custard	6	O K Apple Pudding	7
Apple Hedgehog	6	Scalloped Apples	7
Apple Sago Pudding.....	6		

Flour Mixtures

Applesauce Cake No. 1	8	Apple Fritters	9
Applesauce Cake No. 2	8	Dutch Apple Cake	9
Apple Dumplings	9		

Miscellaneous

Apple Chutney	10	Apple Taffy	11
Apple Rings	10	Mince Meat for Mince Pies	11
Apple Syrup for Hot Cakes	10	O K Apple Pickles	11

Salads

Apple and Cheese Salad	12	Waldorf Salad	12
Apples and Dates Salad	12	Beet and Apple Salad.....	13

Supper Dishes

Apple Compote	13	Applesauce	14
Apple Compote and Rice	13	Baked Apples	14
Apple Porcupine	14	Blushing Apples	15
		Stuffed Baked Apples.....	15