

Apple Secrets

1931



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.

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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	$\frac{1}{4}$ cup butter
$\frac{1}{4}$ cup sugar	$\frac{3}{4}$ cup brown sugar
Cinnamon	$\frac{1}{8}$ 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 $\frac{1}{4}$ -cup sugar (white or brown) and the cinnamon. Prepare the crumbs for the top by creaming together the butter, brown sugar and flour. When

