



The Book of
Apple Delights

Two Hundred
and Nine Recipes

By

Miss L. Gertrude MacKay

The Apple as an Article of Food

The apple is without question the king of fruits. Whether fresh, dried, evaporated or canned, the apple is a wholesome food, easily prepared, attractive and palatable at all times. Because of its rare keeping qualities people in the most remote parts are able to take advantage of its great food value. Apples vary in flavor and texture. They are often marketed before they are mature, and the cooking and keeping qualities are thus injured. None of the soft, insipid apples are suitable for preserving; the sound, tart apples are the best for this purpose. In the fall and early winter, apples are at their best, and spices need not be added, because their flavor cannot be improved, but toward spring the flavor becomes somewhat flat and is improved by the addition of spices or other flavorings. Always cook apples in earthen or granite ware utensils and use silver, granite or wooden spoons for stirring. The use of the apple as a basis for practically all manufactured jellies and jams is well known. This is due to the large amount of pectose which it contains. There is no waste to a good apple. Even the paring and core may be utilized for jelly. Fruits are classified as flavor fruits and nutritive fruits. The apple comes under both of these heads.

Average composition of the apple: Water, 82.5; carbohydrates, 12.5; proteid, .4; nitrogenous, .4; fats, .5; acids, 1.0; cellulose, 2.7 per cent. From a dietetic standpoint, the most important function of the apple is that of furnishing mineral salts and organic acids, but it has an important nutritive value as well, furnished by the carbohydrates present. As the fruit ripens the starch changes to sugar. The apple has a medicinal value as well, especially if eaten at the beginning of the meal or between meals.

Varieties good for cooking: Duchess, King, Astrachan, Rhode Island, Greening, Alexander, Baldwin, Gravenstein, Blenheim, Golden Russet, Spy, Ribston, St. Lawrence, Wealthy.

Good Dessert Apples: Wealthy, Fameuse, McIntosh Red, Spy, King.

Good Cider Apples: Baldwin, Golden Russet, Gravenstein.

AFTERTHOUGHT

One pint of nice apple sauce sweetened to taste, stir in the yolks of two eggs well beaten. Bake for fifteen minutes. Cover with a meringue made of two well beaten whites and one-half cup of powdered sugar. Return to the oven and brown.

APPLES WITH ALMOND PRAULINEE, JELLY AND CREAM

Core and pare ten apples, cook in a syrup made of a cup of water and a cup of sugar, turn the apples and cook until fork will pierce them in the hollow center. Set the cooked apples on a serving dish. Blanch and chop fine one-fourth of a cup of almonds. Cook three-fourths of a cup of sugar to a caramel; when the sugar begins to turn a light brown add the nuts and stir constantly until the sugar is cooked enough. Put a spoonful of the caramel on the top of each apple around the central opening; put a teaspoonful of currant jelly in the center of each apple. Beat a cup of cream until firm; put this around the apples and serve.

APRICOT SHERBET SERVED IN APPLE SHELLS

Select bright red apples of uniform size, rub until they have a high polish. Cut off the blossom end and scoop out the pulp; carefully notch the edge. Fill with apricot sherbet and serve upon apple leaves.

APPLE BALLS WITH A MIXTURE OF FRUIT

Peel large apples, with a potato scoop, cut out small balls, dropping them into water with a little vinegar added to keep them white. Prepare a mixture of grape-fruit pulp, pineapple and banana and put into glasses; add a few of the apple balls, pour over all the juice left from the fruit which has been boiled down with sugar; cool and serve at once or the apples may turn brown.

APPLE BALLS SERVED IN SYRUP

Prepare the apple balls as before; prepare a rich sugar syrup; color with a little pink color paste and drop

in the balls, cook slowly until the balls are softened, pile in glasses and add a little syrup to each glass. Serve cold.

APPLES IN BLOOM

Cook red apples in boiling water until soft. Have the water half surround the apples and turn often. Remove skins carefully that the red color may remain and arrange on serving dish. To the water add one cup of sugar, grated rind of one lemon and juice of one orange; simmer until reduced to one cup. Cool and pour over the apples. Serve with cream sauce.

CREAM SAUCE

Beat the white of one egg stiff; add the well beaten yolk of one egg and gradually add one cup of powdered sugar. Beat one-half cup of thick cream and one-fourth cup of milk until stiff, combine the mixture and add one-half teaspoonful of vanilla.

BROWN BETTY, I

One cup of bread crumbs, eight sliced apples, one-half cup of molasses, one-half cup of cold water; butter a baking dish, put a layer of crumbs, then a layer of apples, sprinkle with cinnamon and sugar and dot with bits of butter; repeat until the dish is full; insert a knife in several places and pour in the water and molasses. Set in a pan of hot water and bake for forty-five minutes. Serve hot with cream or hard sauce.

BROWN BETTY, II

Pare and chop six apples; place a layer of apple in a well buttered dish, then a layer of bread crumbs, sprinkle with brown sugar and cinnamon, repeat until the dish is full; add several generous lumps of butter and pour sweet milk or hot water on until it comes within an inch of the top of the pan. Bake in a moderate oven until brown and serve with plain or whipped cream.

BROWN BETTY, III

Pour four teaspoonfuls of melted butter over one and one-half cups of soft bread crumbs; stir until the crumbs

are evenly buttered. Put a layer of the crumbs into a well greased pudding dish, mix one-half cup of sugar, one pint of chopped apples, one cup of chopped raisins, one teaspoonful of cinnamon and one-quarter of a teaspoonful of cloves. Put a layer of the apple mixture over the crumbs and alternate until all is used, finishing with crumbs. Cover closely and bake for three-quarters of an hour in a moderate oven, uncover and brown. Serve hot with hard sauce, or cold with cream.

APPLE BUTTER CANAPES

Cut thick slices from a loaf of brown bread; stamp into rounds with a biscuit cutter. Spread each round with apple butter. In the center place an English walnut or hickory-nut meat and arrange a border of chopped nuts around the edge. Serve with cheese cubes.

APPLE BUTTER

Pare, core and quarter the desired quantity of apples, allowing one-third of sweet to two-thirds of sour apples. Boil sweet cider until it is reduced one-half. While the cider is boiling rapidly add apples until the mixture is the desired thickness. Cook slowly, stirring constantly and skimming when necessary. When the apples begin to separate from the cider take two pounds of sugar to each bushel of apples used; add a little ground cinnamon and boil until it remains in a smooth mass, when a little is cooled. Usually one and one-half bushels of apples are enough for one and one-half gallons of boiled cider.

APPLE BISCUIT

To one pint of light bread sponge add one-quarter cup of molasses, one tablespoonful of lard and graham or whole wheat for a soft dough. Beat vigorously and finally work into the dough one large cup of chopped apple; shape the dough into biscuit and place in muffin pans and allow them to be very light before baking.

DRIED APPLE BUTTER

Wash one pound of dried or evaporated apples thoroughly, soak over night; in the morning cook with plenty of water. When well done rub through a sieve or

APPLE SAUCE, I

Cut into eighths and core, unpared, King or Baldwin apples; cook quickly in thin syrup. The skins give it a pretty pink color.

APPLE SAUCE, II

Wipe, quarter, pare and core eight sour apples. Make a syrup by boiling seven minutes one cup of sugar and one cup of water with thin shavings from rind of a lemon. Remove rind and add enough apples to cover bottom of saucepan and remove as soon as soft. Continue until all are cooked. Strain remaining syrup over apples.

APPLE SAUCE, III

To every two cups of apple sauce add one tablespoonful of freshly-grated horseradish which has been soaked in mild vinegar and then squeezed dry. This should be served with roast pork.

APPLE SAUCE FOR ROAST PORK

Wipe, pare, core and quarter eight apples. Cook with one cup of sweet cider, one-half cup of maple syrup, two slices of lemon, one-fourth teaspoonful of salt, one tablespoonful of butter and a few grains of nutmeg. Cook until the apples are soft and rub through a sieve. Make apple cups by taking a thick slice from the stem-end of bright red apples; scoop all of the pulp out with a teaspoon. Fill the cups with the apple sauce, adjust the covers and serve with roast pork.

ROMANCE IN AN APPLE ORCHARD

BEN DAVIS was an awful flirt. He was a native of SPITZENBERG and quite FAMEUSE as a WAGENER. He became smitten on MISS GRAVENSTEIN, a WEALTHY young lady of BALDWIN. His attentions turned McINTOSH RED with anger, and made JONATHAN still another suitor GREENING with jealousy. JOHNATHAN engaged a NORTHERN SPY who found out that BEN DAVIS had stolen some of GRIMES GOLDEN from the KING. On being exposed Ben had to flee to ROXBURY and JONATHAN was able to celebrate his GOLDEN RUSSET wedding with MISS GRAVENSTEIN in NONPAREIL splendour.