

1989

Maine Apples: Blue Ribbon Recipes : Delicious, Nutritious & Really Good

Maine Bureau of Agricultural Marketing

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Maine Apples



**BLUE RIBBON
RECIPES**

*Delicious,
Nutritious &
Really Good*

PICK MAINE



Everyone knows apples are good and good for you. In fact, they are America's favorite fruit. We grow more apples than any other country in the world. But did you know that New England apples are the very best? It's because apples need a climate like Maine's — warm summer days followed by cool autumn nights, and a nice long winter's sleep — to develop their full potential. If you don't believe it, just try one. Maine apples are crisp and juicy, aromatic and full of flavor.

MAINE APPLE VARIETIES

Maine orchardists offer an unusually wide variety of tasty fruits. Many old fashioned apples like the big Wolf River, perfect for baking, and Northern Spy, the New England pie-maker's choice, join Tolman Sweets, Spartans and Gravensteins in the groves of pick-your-own orchards and at growers' stands.

Crisp, spicy, juicy, McIntosh apples are the most popular fruit in Maine, for good reason. Mid-size and just right for eating out of hand, they also make a sprightly applesauce.

Another Maine favorite, firm, tart Cortlands hold their shape very well when heated. The snowy white flesh does not darken when exposed to air, so Cortlands are perfect for use in salads and on cut fruit plates.

Red and Golden Delicious apples are well known all over America. Those grown in Maine are a bit more flavorful than the rest. Eat the red ones fresh, use the golden fresh or in any dish that calls for a mild-flavored, non-darkening apple.

USING MAINE APPLES

There's a place for Maine apples in every course from appetizer to dessert and in every meal from breakfast to midnight snacks.

Start your day with a tender baked apple instead of orange juice, or try grating an apple into hot oatmeal before seasoning with a bit of brown sugar and a pat of butter.

At lunchtime, perk up a chicken or tuna salad with juicy apple dice, or serve a classic Waldorf salad, chunks of crisp apple, celery and walnuts, bound with lemon-spiked mayonnaise. Apples make great sandwiches too. Slice 'em thin and put between pieces of buttered raisin bread, or combine with ham on whole wheat bread spread with just a touch of hot mustard.

Dinner might either start or end with a platter of apple wedges, paired with cheddar or other sharp cheese. For the main course, try adding apples to the turkey stuffing, baked pork chops with apples, making a sweet potato and apple casserole, or quickly sauteing Maine scallops with apple chunks for a deluxe taste treat.

AND DON'T FORGET

Apples are natural air conditioners. A wedge of apple in the jar will keep brown sugar from hardening; and a slice of apple in the tin keeps cookies soft and fresh. A pile of shiny apples nestled in a big bowl makes a tempting centerpiece, fragrant, beautiful, and good to eat.

CHOOSING AND STORING APPLES

Be sure to choose fruit that is firm and unbruised, but remember size has little to do with flavor. Color will depend on variety and that should be bright and strong. In the home refrigerator apples will stay fresh for two or three weeks.

AN APPLE A DAY?

Why stop with just one? Apples are an excellent, low calorie energy source and appetite control. Cholesterol free and low in sodium, apples are loaded with vitamins, especially A and C. They are a good source of minerals, especially potassium, as well as dietary fiber and pectin, both so important to digestive health. They freshen the breath and help fight tooth decay, too. One study even found apples to be a natural tranquilizer!

PRIZE-WINNING APPLE RECIPES

The best Maine apples for cooking are Northern Spy, Cortland, Macoun, freshly-harvested McIntosh and Wolf River.

SPICED APPLE ICE CREAM

Cafe Always

- 1 1/2 pounds Cortland or McIntosh apples
- 1/4 cup water
- 1/4 teaspoon cinnamon
- 3/4 cup sugar
- 1 3/4 cups heavy cream
- 3 large egg yolks
- 1/4 teaspoon vanilla extract
- 2 tablespoons Applejack Brandy

Core and peel apples. Slice thin and place in a stainless steel saucepan with the water and cinnamon. Cover and cook over low heat stirring once in a while until the mixture is cooked through but still chunky. Remove from heat and add 3/4 cup of sugar. Stir well to dissolve the sugar in the spiced apple mixture. Whisk the egg yolks just until broken. Heat the heavy cream in a stainless steel saucepan. Gradually add the heated cream to the broken yolks — whisking as you go. (Be careful not to add the cream too fast or the mixture will curdle). Return the mixture to the saucepan and cook over low heat stirring constantly until it coats the back of a wooden spoon. Do not allow to boil.

Remove from heat. Gradually add the apple mixture to the custard and stir to combine. Chill and churn according to the directions on your ice cream machine. Serve garnished with freshly grated nutmeg and a fan of apple wedges.

DELICIOUS
10/19/89

CHUNKY APPLE CAKE G.R.O.W.

- 1 1/2 cups oil
- 2 cups sugar - 1 3/4 cup
- 3 eggs
- 2 cups flour
- 1/8 teaspoon cloves
- 1 1/4 teaspoon cinnamon
- 1/4 teaspoon mace
- 1 teaspoon soda
- 1 teaspoon salt
- 1 cup flour
- 1 1/2 cups nuts
- 3 1/2 cups chopped apples (Cortland apples preferred)
- 3 tablespoons brandy or 2 teaspoons vanilla

In a large bowl beat oil and sugar until thick. Add eggs one at a time — beat well. Sift 2 cups flour with spices, add other cup flour. Blend flour into egg mixture, add nuts, apples and brandy. Stir. Pour into 9" x 13" pan. Bake 1 hour and 15 minutes at 325 degrees or until tester comes out clean. Let cake rest 10 minutes.

Cider Cake Glaze

- 4 tablespoons butter
- 2 tablespoons brown sugar
- 6 tablespoons granulated sugar - 5 TBL
- 2 tablespoons heavy cream (used canned milk)
- 8 tablespoons cider

Melt butter. Add sugar and cider. Stir well. Boil 4 minutes. Cool slightly, and add cream. Pour over cake while warm and allow to set before serving.

APPLE MYSTERY CAKE

Little River Lodge

- 2 - 3 cups sliced apples
- 1/4 teaspoon cinnamon
- 3/4 cup sugar
- 3 tablespoons butter
- 1 cup flour
- 1 teaspoon baking powder
- 1/2 cup milk
- 1/4 teaspoon salt
- 1/2 cup milk
- Topping:
- 1/2 cup sugar
- 1 tablespoon cornstarch
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1 cup boiling water

Pre-heat oven to 400 degrees. Place sliced apples in bottom of a greased 8" deep dish sprinkled with cinnamon. Cream butter and sugar, add flour, baking powder and salt alternately with milk. Spread over sliced apples. In separate bowl combine sugar, cornstarch, salt and cinnamon. Sprinkle over batter. Pour boiling water over all. Bake at 400 degrees for 45 - 50 minutes. Serve warm or cold, with or without sweetened whipped cream or vanilla ice cream.

COLD CURRIED APPLE SOUP

Squire Tarbox Inn

- 1/2 teaspoon curry powder
- 4 teaspoons lemon juice
- 2 cups applesauce
- 1/2 cup orange juice
- 1/2 cup white wine
- 1/2 cup whipping cream
- 1/2 small tart apple

Whisk first five ingredients together in the order listed and refrigerate to chill thoroughly. At serving time, whip the cream and cut the apple into thin slices. Ladle soup into bowls and garnish with whipped cream and apple slices. Serves 4.

SEASIDE APPLE DUMPLINGS

(The Old Fashioned Kind)

2 cups flour
4 teaspoons baking powder
1/2 teaspoon salt
1/2 cup shortening
2/3 to 3/4 cup milk
6 baking apples, peeled and cored
1 cup water
1 1/2 cups sugar
1/2 cup butter or margarine
dash of cinnamon
heavy cream (optional)

Preheat oven to 400 degrees. Sift together flour, baking powder and salt. Cut in shortening till mixture resembles meal, then stir in milk until you have a soft dough. Roll out into a large rectangle on a floured board and cut into 6 squares. Place an apple on each square, moisten the edges and fold to enclose fruit, pinching seams securely. Set dumplings in shallow baking dish.

Slowly bring remaining ingredients to a boil in a small saucepan, stirring until sugar is dissolved. Pour hot sauce over dumplings, place in oven and bake 15 minutes. Lower heat to 300 degrees and bake 45 minutes more. Serve dumplings with pan juices and pass a pitcher of cream separately. 6 servings.

BLUE RIBBON APPLE CREAM CRUMB PIE

Elinor Klivan

1 unbaked 10 inch pie shell

Filling:

1 1/2 cups sour cream

1 cup sugar

1/3 cup unsifted all purpose flour

1 egg

2 teaspoons vanilla

1/2 teaspoon salt

8 large apples, peeled, cored, and sliced 1/2 inch thick

Pecan Crumb Topping:

1 cup coarsely chopped pecans

1/2 cup all purpose flour

1/3 cup brown sugar

1/2 cup sugar

1 tablespoon cinnamon

1/2 cup unsalted butter

Preheat oven to 400 degrees. Beat together all filling ingredients except apples until they are well combined, then stir in apples. Combine topping ingredients except butter, then work in butter with fingertips until mixture is crumbly. Spoon filling into shell, and crumble on the topping mixture. Bake for 10 minutes, reduce heat to 325 degrees and bake 30 minutes more, or until crust and topping are well browned. Allow to cool one hour before serving.

APPLE JACK CRISP

Tugboat Inn

Filling:

12 large tart apples, peeled, cored and sliced

juice of 1 lemon

1/4 cup applejack (apple brandy)

1/2 cup raisins (optional)

Topping:

1 cup flour

1 tablespoon cinnamon

1/2 teaspoon nutmeg

1/2 teaspoon ginger

pinch of cloves

1/2 cup butter

1 cup brown sugar

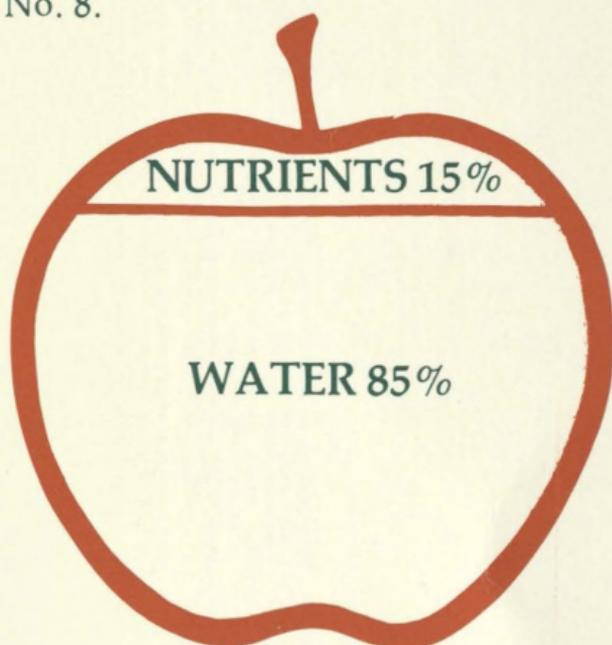
3/4 cup oatmeal

1 cup whipping cream or 1 quart vanilla ice cream

Preheat oven to 375 degrees. Toss together filling ingredients in a deep pie plate or brownie pan. Combine topping flour with spices, cut in butter until mixture resembles corn meal, then stir in first sugar, then oatmeal. Spread topping over apples and bake 40 minutes, or until fruit is tender and topping is well browned. Cover pan with foil if topping browns too rapidly. Serve crisp warm with freshly whipped cream (sweetened to taste) or vanilla ice cream.

COMPOSITION AND NUTRITIVE VALUE OF FRESH APPLES

One medium apple about 2 1/2 inches in diameter weighs about 150 grams (1/3 pound) and supplies approximately 87 calories of food energy. Nutritive values listed per 150 gram, unpeeled fresh apple. Source: U.S.D.A. Agriculture Handbook No. 8.



NUTRIENTS

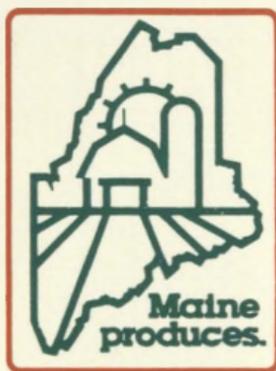
CARBOHYDRATE grams	21.7
FIBER grams	1.5
PROTEIN grams3
FAT grams9
ASH grams45

MINERALS

CALCIUM milligrams	10.5
PHOSPHORUS milligrams	15.0
IRON milligrams45
POTASSIUM milligrams	165.00
SODIUM milligrams	1.5
MAGNESIUM milligrams	12.0

VITAMINS

A international units	135.0
THIAMIN (B1) milligrams04
RIBOFLAVIN (B2) milligrams03
NIACIN milligrams15
C (Ascorbic Acid) milligrams	6.0



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