1960

Adventures with Maine Apples

Maine Department of Agriculture

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Adventures with Maine Apples
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Recipes through the courtesy of

MILDRED BROWN SCHRUMPF
Maine apples make the meal when you select Maine Apples from the counter at your market. Choose the apple that is in season, and the apple that best fits your needs. Some apples are all purpose, while others are better suited for eating raw. Some apples are better for cooking only.

Apple varieties most common in Maine are McIntosh, Cortland, Northern Spy, Red Delicious and Golden Delicious. When buying apples avoid soft bruises or cuts on the apples. Apples may be kept in the refrigerator for 2 or 3 weeks. The McIntosh, Northern Spy, and Cortland are all-purpose apples. Because the Cortland apple does not darken quickly when it is cut, it is a favorite for salads, and for apple desserts that are served raw. The Delicious, both red and yellow, are favored as dessert apples because of their fine flavor. For baking, Northern Spy or Cortland are excellent, in addition to the McIntosh apple.

Fresh, frozen, or canned apples may be used in all recipes calling for apples. The following recipes using Maine Apples will meet your needs for cake, pie, salads, desserts, main dishes, and bread.
Picnicking, fishing, hunting? Apples quench thirst quickly. Apples contain 85% water and two average apples provide a glassful.

Apple Crisp

8 Medium Apples  3/4 cup granulated sugar
1/2 cup flour  1/2 cup water
1 teaspoon cinnamon  6 tablespoons butter

Pare, core and dice apples. Fill greased individual custard cups or 1 1/2 quart casserole with apples, water, and cinnamon. Blend the rest of the ingredients until crumbly in consistency. Spread this mixture over the top of the apples and bake uncovered in a moderate oven (350°) until apples are tender.

Serve six.

Apples and Weight Reduction

Apples are a highly acceptable part of the reducing diet. With only 75 calories per average size fruit, in the form of quickly washable carbohydrates, they appeal because of their delicate aroma, tangy taste, and crisp, firm texture. The time it takes to chew, savor, and swallow an apple prolongs the enjoyment of one of nature’s finest fruits.
Dentists say the best time to eat an apple is after meals and just before going to bed because they have scientific proof that raw apple “brushes” the teeth, cleanses the mouth of 96.7% of oral bacteria and exercises the teeth and gums.

DON'T PILE THAT FRESH FELLOW ON TOP OF ME, IT MAKES ME WORTHLESS!

**Apple Pie**

1 recipe plain pastry  
1/2 tsp. cinnamon or nutmeg  
6 to 8 tart Maine apples  
1/2 tsp. grated lemon rind  
3/4 cup granulated or brown sugar, 1 tbsp. lemon juice  
1/4 teaspoon salt  
2 tbsp. butter
Line (9 inch) pie plate with pastry. Fill with apples pared and sliced thin. Sprinkle with mixture of sugar, salt, spice, and lemon rind, then with lemon juice. Dot with butter. Moisten edge of crust, cover with top crust and press edges together. Brush crust with milk or cream and bake in hot oven (450°F) 10 minutes then reduce heat to moderate (350°F) and bake 40 to 50 minutes longer.

WE BOTH APPRECIATE THE SAME CAREFUL HANDLING!

Old-Fashioned Apple Sauce

Pare apples, cut in 8ths and core. Add small quantity of water and cook until soft. Add sugar and cinnamon, nutmeg, or grated lemon rind to taste.
Royal Bread Pudding

3 cups applesauce
1 teaspoon lemon juice
5 tablespoons butter or margarine
¼ cup marmalade
1½ teaspoons cinnamon
2 tablespoons sugar

Combine applesauce and lemon juice; place half the mixture in small casserole. Spread bread slices with butter or margarine and marmalade. Cut 4 slices into cubes, cut remaining slice in 4 triangles. Place cubes on apple sauce in casserole, combine cinnamon and sugar, sprinkle ½ over cubes, top with remaining applesauce.

Arrange triangles in a pattern to top casserole, sprinkle with remaining cinnamon and sugar. Bake in moderate oven, (350°F), ½ hour. Yield: 6 servings.

* * * * *

Apples in the Lunchbox:

Children’s teeth a problem? Apples are ideal tooth builders, cleansers, and exercisers. The biting action strengthens teeth and massages gums.
I BRUISE EASY, BUT I DON'T HEAL!

Salad Combinations

(use Maine Cortlands)

Apples, Cottage cheese, nuts, dressing.
Apples, dates, nuts, dressing.
Apples, shredded carrots, crushed pineapple, dressing.
Apples, chicken, pineapple, celery, dressing.
Apples, tuna, celery, dressing.
Apples, celery, diced marshmallows, peanuts, dressing.
Apples, bananas, grapes, candied ginger.
School Day Snacks

Spread apple slices with creamy peanut butter for new and delicious flavor appeal (to say nothing of fine food value). The cool crisp tang of apples with rich shortbread cookies and cottage cheese in a covered glass jar or custard cup.

HEAT JUST MELTS ME DOWN, I LOOK LIKE A PRUNE WHEN KEPT IN A WARM PLACE!

Spicy McIntosh Applesauce

8 McIntosh apples  3 allspice berries
1/3 cup water     8 whole cloves
1-2” piece stick cinnamon ¼ cup sugar (about)
strip of lemon or lime peel
Core apples, cut in eighths, do not peel. Add water, fruit peel and spices, simmer about 15 minutes or until soft. Press through a sieve. Add sugar, 1 tablespoon at a time tasting after each addition. Chill. Yield about four cups. Unpeeled McIntosh impart a beautiful coral-pink color to sauce.

**Molasses Apple Pan Dowdy**

| 5 or 6 tart apples | ½ tsp. mace |
| ½ cup water        | ½ tsp. salt |
| 1½ cups molasses   | 2 cups sifted all-purpose flour |
| ¾ cup sugar        | 4 tsp. baking powder |
| 3 tbls. butter     | ½ tsp. salt |
| 3 tbls. corn starch| 1/3 cup shortening |
| 2/3 cup milk       |             |

Pare, core and slice the apples in wedges into a buttered baking dish 8x13x2 inches. Add the water and cook in the oven for a few minutes until the apples are soft. In a saucepan mix the molasses, sugar, butter, corn starch, mace and salt. Boil together until thoroughly blended. Pour this mixture over the apples. Mix and sift the flour, baking powder, and salt into a bowl; cut in the fat as for biscuits. Add the milk and mix. Roll this dough to ¼-inch thickness and cut with a 2½-inch biscuit cutter. Place the biscuits over the molasses mixture. Bake in a hot oven (425°F), until the biscuits are brown. The bis-
puits must be thin to bake quickly so as not to burn the molasses. Serve a biscuit with the apple and molasses mixture over it.

**Nature's Toothbrush**

The apple is nature's toothbrush. No other food has its combination of crisp, crunchy texture and bright, mouth stimulating flavor which enables it to perform this service for dental health.

One medium apple has about 75 calories with some Vitamin A and Vitamin C.

**Up-Side-Down Apple Cake**

\[
\begin{align*}
\frac{1}{2} \text{ cup butter} & \quad 2 \text{ tsp. baking powder} \\
1 \text{ cup sugar} & \quad \frac{1}{2} \text{ cup milk} \\
2 \text{ cups flour} & \quad 3 \text{ or } 4 \text{ apples} \\
2 \text{ eggs} & \quad \text{Vanilla}
\end{align*}
\]

Cream butter and sugar thoroughly, add the well-beaten egg yolks. Add the flour and milk, alternately, having sifted the baking powder with the flour. Lastly fold in the beaten egg whites and vanilla. Melt 2 tablespoons of butter in a pan, spread 1 cup brown sugar in the butter. Pare three or four apples and cut in rings like pineapple. Place apple rings in butter and sugar mixture with a maraschino cherry in each center. Pour cake batter over this and bake (350°F)
for 45 minutes. Turn out on platter and serve with either whipped cream or ice cream.

BAD ODORS RUIN ME, I ABSORB ODORS, KEEP ME AWAY FROM TURNIPS, ONIONS AND ALL OTHER STRONG SCENTED FOODS!

C A Apples

C A means Controlled Atmosphere. This is a comparatively new method of storing apples that enables the orchardist to store apples for a longer period of time than with regular cold storage. It enables the consumer to purchase fall fresh apples in March, April, May or even later. There is no mysterious gas involved but only a rearranging of the elements already contained in the atmosphere.
In the spring, look for the words “Crisp-Aire” or “Springtime” on the box or bag. Try a bag of these and you will be pleasantly surprised.

I GROW SICKLY AND SHRIVELE UP IN DIRECT SUNLIGHT, KEEP ME IN A COOL PLACE!

Apple Dumplings

5 medium size apples  
1 recipe rich biscuit dough  
butter  
brown sugar  
1 cup brown sugar, firmly packed

1 tablespoon flour  
1 teaspoon vinegar  
1 tablespoon butter  
2 cups boiling water.
Prepare a rich biscuit dough; roll to $\frac{1}{4}$ inch in thickness. Cut with a $7\frac{1}{2}$ inch cutter, or in squares. Wash and core the apples and place one apple in the center of the piece of dough. Fill the center of the apple with brown sugar; top with 1 teaspoon butter. Bring the dough up around the apple and press the dough together. Put the dumplings in a buttered baking dish. Combine the brown sugar, flour, vinegar, and butter in a saucepan; add the boiling water; mix well and boil for 2 minutes. Pour half of this syrup over the dumplings and put in a hot oven, (400°F), for 40 to 45 minutes, or until the apples appear cooked when pierced with a fork. Heat the remaining sauce to serve over the dumplings.

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ADVENTURES WITH MAINE APPLES

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